

A photograph of a snowy forest with tall, thin trees. The sun is shining through the trees in the distance, creating long shadows on the snow-covered ground. The sky is a pale blue.

parks & recreation

winter activities 2014



parks & recreation department

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Parks & Recreation Office

200 Brookview Parkway,
Golden Valley, Minnesota 55426
Hours: Monday-Friday, 8:00 AM-4:30 PM
Phone: 763-512-2345 Fax: 763-512-2344
Activity Cancellation Line: 763-512-2350

Brookview Golf Course

Phone: 763-512-2300
Fax: 763-512-2311
Tee Times: 763-512-2330
Par 3 Course: 763-512-2333
Cancellation Line: 763-512-2300

City Hall

7800 Golden Valley Road,
Golden Valley, Minnesota 55427
Hours: Monday-Friday, 8:00 AM-4:30 PM
Phone: 763-593-8000 Fax: 763-593-8109

City Offices Closed

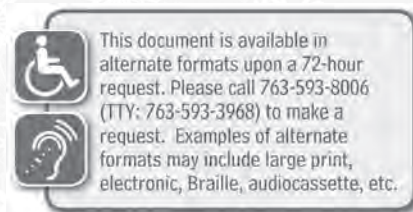
Tuesday, December 24
Christmas Eve

Wednesday, December 25
Christmas Day

Wednesday, January 1
New Year's Day

Monday, January 20
Martin Luther King Jr. Day

Monday, February 17
Presidents' Day



VISION STATEMENT

THE CITY OF GOLDEN VALLEY SHALL NURTURE PLACES, EVENTS, AND ASSOCIATIONS THAT MAINTAIN RECREATION AS A FOCAL POINT OF FAMILY AND COMMUNITY LIFE.

MISSION STATEMENT

THE MISSION OF THE GOLDEN VALLEY PARK AND RECREATION DEPARTMENT IS TO BUILD COMMUNITY THROUGH PEOPLE, PARKS AND PROGRAMS.

special events

December 31 New Year's Eve Family Event

Bring the whole family and enjoy sledding, skating and other winter fun activities on New Year's Eve at Scheid Park. To help keep you warm, hot chocolate will be provided!

7:00-10:00 PM Scheid Park



January 24 Winter White Out Dance

Wear as much white as you can to help create a Cool atmosphere and to receive a raffle ticket to win prizes! Snacks and beverages available for purchase. DJ music provided by Total Entertainment. Co-sponsored with Crystal, New Hope and Robbinsdale.

Grades 5-7 \$5 by Jan 23, \$8/door
7:00-9:30 PM Crystal Community Center
Code: 12494 (4800 Douglas Dr N)



March 07 Family Fun Night

Beat the winter blues with this great family event! Everyone can bounce, jump, joust, and bungee run on bouncers provided by Bounce on Air. Plus, try a game of BINGO and win prizes. Adult admission required (1 adult can supervise up to 5 kids). Concessions will be sold. Co-sponsored with Crystal, New Hope and Robbinsdale.

Ages 4-14 with Adult \$5 by Feb 28, \$9/door
6:00-8:30 PM Crystal Community Center
Code: 12476 (4800 Douglas Dr N)



March 21 Aloha Spring Dance

Dancing, contests and more! Brighten up this tropical night by wearing your Hawaiian print shirt and be eligible for a special drawing! DJ music provided by Total Entertainment. Snacks and beverages available for purchase. Co-sponsored with Crystal, New Hope and Robbinsdale.

Grades 5-7 \$5 by March 20, \$8/door
7:00-9:30 PM Crystal Community Center
Code: 12495 (4800 Douglas Dr N)

special events continued

April
12

Kid's "Fun" Run the Valley

Join us for our first ever Fun Run for Kids! The .2 mile course begins and ends at Brookview Community Center. Registration starts January 2. Fee includes fun run number and participation ribbon. Parents may accompany little ones for free. Registration process listed below in Run the Valley description.

Ages 2-10

Brookview Community Center

7:45 AM

\$5/Child, Parents free



April
12

Run the Valley 10K Run & 5K Run/Walk

IT'S THE 20TH ANNIVERSARY! Plan now to join friends and neighbors for one of Golden Valley's most popular events, sponsored by the Golden Valley Human Services Fund. The run/walk will start and end at Brookview Community Center with water stops and post-race complimentary snacks donated by area businesses.

Registration starts January 2. Children 12 and under may register when accompanied by an adult. Fee includes t-shirt and race number only. T-shirt sizes for all participants guaranteed if registered by March 1. 5K and 10K race are chip-timed. Chip timing not included in youth fee. To be eligible for medal, chip timing must be used.

Registration taken in person and by mail with check, cash or VISA/MasterCard at Golden Valley Park and Recreation, 200 Brookview Parkway, Golden Valley 55426 or by phone with a VISA/MasterCard at 763-512-2345. Online at www.zapevent.com or www.active.com (additional fee charged). Race day from 7:00-7:45 AM at Brookview Community Center.

100% of the proceeds are allocated to non-profit organizations that serve Golden Valley residents in need. Visit www.goldenvalleymn.gov for more information.

8:00 AM - 10K Run

Brookview Community Center

8:10 AM - 5K Run

\$25 by Feb 28, \$30 Mar 1-Apr 11 (by 2 PM), \$40 Race day

8:15 AM - 5K Walk

\$15 Youth 12 and under with an Adult



Run the Valley T-shirt Design Contest

The Golden Valley Human Services Fund (GVHSF) is seeking colorful, eye-catching, and unique graphic design entries for the 20th annual Run the Valley 10K& 5K Run/Walk T-shirt contest. The deadline for entries is January 8, 2014.

Visit the web for complete contest details!

<http://www.goldenvalleymn.gov/events/runthevalley/contest.php>

skating rink information

**The City of Golden Valley
will maintain and have supervised
shelters at the locations listed below.**

RINKS OPEN: Saturday, December 21

RINKS CLOSE: Monday, February 17

(Weather permitting)

regular hours

Monday-Friday	4-9 PM
Saturday	10 AM-9 PM
Sunday	1-9 PM

special hours

Mon, Dec 23	12-9 PM
Tue, Dec 24 (Christmas Eve)	12-4 PM
Wed, Dec 25 (Christmas Day)	CLOSED
Thu-Fri, Dec 26-27	12-9 PM
Mon, Dec 30	12-9 PM
Tue, Dec 31 (New Year's Eve)	12-7 PM
Tue, Dec 31 (Scheid only)	12-10 PM
Wed, Jan 1 (New Year's Day)	10 AM-9 PM
Thu-Fri, Jan 2-3	12-9 PM
Mon, Jan 20 (Martin Luther King Jr Day)	10 AM-9 PM
Mon, Feb 17 (Presidents' Day)	10 AM-9 PM



PARK	Hockey Rink	General Rink	No Shelter
Gearty	X	X	
Hampshire	X	X	
Lakeview		X	
Lions	X	X	
Medley	X	X	
Scheid	X	X	
Wesley	X	X	
N. Tyrol		X	X
S. Tyrol		X	X
Yosemite		X	X

rink maintenance

Temperatures need to remain around 0° to -10°F for a week or so to produce enough ice to skate on. The crew needs 3-4" of frozen ground to start making ice. The goal is to have a 6" base, which will help rinks survive most warm snaps without closing. Rinks are cleaned and resurfaced Monday thru Friday and cleaned Saturday mornings, (depending on weather). Shovels are available at each shelter and may be checked out with the attendants.

Mailbox to the North Pole

December 6-20, 2013

Santa Claus will have a special Direct-to-the-North Pole mailbox at Brookview Community Center, where boys and girls can drop off their letters. Santa's helpers will pick up the letters each evening and deliver them straight to the North Pole. Santa Claus requests that each letter include the full name and address of each sender so he can reply to each one.



youth activities

Kids' Club

Ages 3-5

Instructor, Lisa London, will provide creative activities for your child. With her background in early childhood education, this course promises to be a fun, positive experience. Activities include: games, stories, music, finger plays and arts and crafts. Children must be potty trained.

Site: Brookview Community Center

Time: 9:30-11:00 AM

Fee: \$50, Resident \$45

MON/WED

Date: Jan 6-Feb 19 (No Jan 20 & Feb 17)

Code: 12496

Date: Feb 24-April 2

Code: 12498

TUE/THU

Date: Jan 7-Feb 13

Code: 12497

Date: Feb 18-Mar 27

Code: 12499

Amazing Athletes

Ages 3-6

This is a perfect class for kids to get moving and learn new sports and skills. We will give every child the chance to learn the fundamentals of many different sports along with hand-eye coordination, gross motor skills and cognitive development. Classes will include the following sports rotating every week: baseball, basketball, volleyball, football, golf, soccer, lacrosse, hockey, and tennis. This course is run in cooperation with Crystal Recreation.

**Resident fee applies to Golden Valley, Crystal, New Hope & Robbinsdale residents.*

Site: Crystal Community Center

Fee: \$56, *Resident \$49

Date: Thu, Jan 16-Feb 13

Time: 5:00-5:45 PM **Code:** 12467

Time: 6:00-6:45 PM **Code:** 12468

Date: Feb 27-March 27

Time: 5:00-5:45 PM **Code:** 12469

Time: 6:00-6:45 PM **Code:** 12470

"A Year with Frog & Toad" at Old Log Theatre

Ages 2+ with an Adult

Old Log Theatre in Greenwood is proud to present A Year With Frog and Toad, a whimsical story of an unlikely friendship between an eternally optimistic Frog and a rather grumpy Toad as they try to keep their sleds on the ground, kites in the air, and themselves from devouring cookies. This is a great way to introduce your little ones to the theater while also seeing how this friendship flourishes through triumphs and challenges. "HOP" into the lobby of the Old Log Theatre to receive tickets. You provide your own transportation. **Register by December 13.**

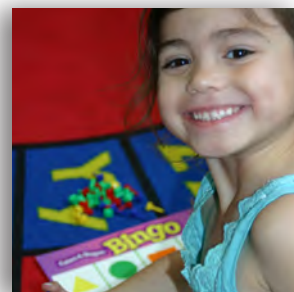
Site: Old Log Theatre (5185 Meadville St, Greenwood)

Date: Mon, Dec 23

Time: 9:45 AM-12:00 PM

Fee: \$11/person

Code: 12474



Pre-School Playtime

Ages 1-5 with an Adult

Come run, jump, crawl and have a great time indoors at Brookview Community Center. A variety of play areas will be set up. Adult participation required. No instruction provided. Pay at the door or purchase a punch pass. Children 1 and under are free!

Site: Brookview Community Center

Date: Friday, Jan 3-Mar 28

Time: 10:00-11:30 AM

Fee: Daily \$2/child, 10-visit pass \$15

Gymnastics *Ages 2+*

Get ready for another exciting session of gymnastics! New Hope Parks and Recreation offers a gymnastics program led by quality staff who will provide their expertise to help participants achieve better physical fitness, coordination, and gymnastics skills.

Program is held at Sandburg School. Golden Valley residents will receive the resident fee for this program. For more information or to register, call New Hope Recreation at 763-531-5153.

Happy Birthday Party

Ages 3+

Celebrate your child's birthday with Annette Fragale, a popular children's entertainer and host of the award winning cable show, "The Magic Book Nook." She'll present a program filled with stories, games, music and magic. Parents provide food, favors, decorations and supervision. Fee of \$150 includes 3-hour block of time at Brookview. Call 763-512-2345 for more information.

Imagination Movers

Ages 3-10

Calling all kids who are eager to express themselves through movement and discover new ways of moving! Creative Dance provides an alternative to the classical rules and set structure of Ballet, Tap, and Jazz. Individual creativity and freedom of expression are encouraged as children explore dance principles of time, space, and energy and work towards mastery of movement. Creative Dance students wear comfortable clothing that allows for action and dance in bare feet. An informal show takes place on the last day. **Resident fee applies to Golden Valley and Crystal residents.*

AGES 3-5

Site: Crystal Comm Center
Date: Mon, Jan 27-April 7
(No class Feb 17)
Time: 10:00-11:00 AM
Fee: \$79, *Resident \$72
Code: 12489

AGES 6-10

Site: Brookview Comm Center
Date: Wed, Jan 29-April 2
Time: 5:15-6:15 PM
Fee: \$79, *Resident \$72
Code: 12488

Kids Yoga & Mindful Movement

Ages 4-8

Yoga is for EVERYBODY! Boys and girls will have fun exploring yoga poses and playing group games. Each class will start and end with a stillness or calming activity. Through yoga, children will learn how to tune into their bodies, enhance imagination and move their bodies in a non-competitive environment. Studies have shown that children who practice yoga have increased concentration, fewer behavior outbursts, and improved coping skills. Yoga mats will be available for use. Please arrive early and have participants wear clothing suitable for movement. Class taught by Cindy Margolis.

Site: Brookview Community Center
Time: 10:00-10:45 AM
Fee: \$32, Resident \$27
Date: Sat, Jan 11-25
Code: 12501
Date: Sat, March 8-22
Code: 12500



Silly, Sloppy, Slimes!

with Science Explorers

Ages 3 1/2-6

Are you ready for some gooey, sloppy experiments? Slide right into this exciting, hands-on lab as we experiment with gooey, silly and slimy mixtures. Dress to get messy! **Resident fee applies to Golden Valley, Crystal, New Hope and Robbinsdale residents.*

Site: New Hope Ice Arena
Date: Thu, Jan 2
Time: 9:30-11:30 AM
Fee: \$24, *Resident \$17
Register By: Dec 26
Code: 12485



Great Reactions

with Science Explorers

Grades K-5

Experiment with mixtures that are foamy, soapy and slimy while investigating the difference between chemical reactions and physical changes. Dress to get messy for this fun, hands-on class. **Resident fee applies to Golden Valley, Crystal, New Hope and Robbinsdale residents.*

Site: New Hope Ice Arena
Date: Thu, Jan 2
Time: 12:30-2:30 PM
Fee: \$24, *Resident \$17
Register By: December 26
Code: 12486

Marshmallow Shooter

Grades 2-6

Send marshmallows into orbit with this aerodynamic crossbow shooter. You'll learn woodworking basics, make simple straight cuts, a few holes and you'll be launching marshmallows with amazing accuracy in no time. The class, provided by North Country Woodshop, emphasizes shop and tool safety. All equipment and supplies provided. Please wear clothes that can get a little messy, no sandals. A waiver will also be sent out the week before class. Please include an e-mail address when registering. **Resident fee applies to Golden Valley, Crystal, New Hope and Robbinsdale residents.*

Site: New Hope Ice Arena
Date: Mon, Feb 17
Time: 10:00 AM-12:00 PM
Fee: \$45, *Resident \$38
Register By: February 10
Code: 12487



youth activities continued

Little Tigers Self Defense *Ages 3-5*

Master Tom Malone will help your child learn basic self-defense and martial arts skills while developing coordination and flexibility. Basic kicks, punches and strikes are taught through a variety of exercises and fun games. This program promotes focus, discipline and respect – great personal tools to carry into the future. Please arrive 5 minutes early so that your child is ready to begin at the start of the class. **Resident fee applies to Golden Valley and St. Louis Park residents.*

Site: Davis Community Center

Date: Tue, Jan 7-Feb 11

Time: 5:45-6:15 PM

Code: 12502

Fee: \$54, *Resident \$49

Date: Tue, Feb 18-Mar 25

Code: 12503

Tae Kwon Do *Ages 5+*

This program will teach discipline, focus, endurance and flexibility. Master Tom Malone will help you achieve awesome kicks, punches and strikes while getting in shape. **Resident fee applies to Golden Valley and St. Louis Park residents.*

Site: Davis Community Center **Fee:** \$64, *Resident \$59

BEGINNER

Time: 6:15-7:00 PM

Date: Tue, Jan 7-Feb 11

Code: 12504

Date: Tue, Feb 18-March 25

Code: 12506

ADVANCED

Time: 7:00-7:45 PM

Date: Tue, Jan 7-Feb 11

Code: 12505

Date: Tue, Feb 18-March 25

Code: 12507

Volleyball *with Revolutionary Sports*

Ages 4-12

Focus will be around the four main types of hitting—the serve, the bump, the set and the spike. Focus is not on the positions or strategies at this stage-but rather on individual player development and becoming more comfortable with the necessary skills for all the aspects of the game. Different fun activities with age appropriate court layouts and balls are used to maximize enjoyment and foster learning. This course is run in cooperation with Robbinsdale Parks and Recreation.

Site: Robbinsdale Community Gyms

Fee: \$50/session

AGES 4-6 W/ADULT

Time: 2:00-2:45 PM

Date: Sat, Feb 8-March 15

Code: 12508

Date: Sat, April 5-May 17

(No April 19)

Code: 12511

AGES 6-8

Time: 2:45-3:30 PM

Date: Sat, Feb 8-March 15

Code: 12509

Date: Sat, April 5-May 17

(No April 19)

Code: 12512

AGES 9-12

Time: 3:30-4:30 PM

Date: Sat, Feb 8-March 15

Code: 12510

Date: Sat, April 5-May 17

(No April 19)

Code: 12513



Mites Basketball Instructional Program

Grades K-1

This skill-based program for girls and boys will have an emphasis on dribbling, passing, shooting and positions. Instructional scrimmages will be played. Baskets are at a lower height and mini-basketballs are used. Teams are formed the first meeting of the program. Fee includes a t-shirt. Run in cooperation with Crystal Recreation. **Resident fee applies to Golden Valley and Crystal residents. Register by January 10.*

Site: Crystal Community Center

Date: Sat, Jan 25-March 15

Fee: \$50, *Resident \$43

GRADE K

Time: 9:15-10:15 AM

Code: 12478

GRADE 1

Time: 10:30-11:30 AM

Code: 12479

Fencing Class *Ages 6-12*

Youth ages 6-12 will learn real fencing skills while having fun in this 4 week class. This program, provided by Minnesota Sword Play, will introduce children to the fundamentals of fencing. With an emphasis on skill building, concentration and self discipline, this camp is designed to enhance motor skill, social and perceptual growth by teaching safe, age appropriate foil fencing skills. All equipment provided. Run in cooperation with New Hope Recreation. **Resident fee applies to Golden Valley, Crystal, New Hope and Robbinsdale residents. Register by March 31.*

Site: New Hope Community Gyms

Date: Mon, April 7-28

Time: 6:00-7:00PM

Fee: \$50, *Resident \$43

Code: 12475



Archery *Ages 8-15*

All levels are welcome to join this class. Youth will be instructed by their skill levels. Beginners will learn the basics including safe range practices and intermediate/advanced students will review the basics and learn more advanced skills. All instruction and equipment is supplied by Orion Archery. Be a part of this fast growing sport! This course is run in cooperation with Robbinsdale Park and Rec. **Resident fee applies to Golden Valley, Crystal, New Hope and Robbinsdale residents.*

Site: Robbinsdale Community Gyms

Time: 6:00-7:30 PM

Fee: \$72, *Resident \$65

Date: Tue, Jan 28-Feb 18

Code: 12464

Register by: January 20

Date: Tue, Feb 25-March 18

Code: 12465

Register by: February 1

Cheer America *Ages 4-16*

Cheer America is a non-profit corporation that offers cheerleading and dance programs to youth. Students will learn popular junior high and high school cheers, chants, choreographed pom/dance routines, parade marching techniques and other performance skills required for cheerleading tryouts. The program promotes physical fitness, personal esteem, working as a team and respect for authority. Students also get to participate in clinics, competitions, special performances and march in parades throughout the state. At the end of the program, students will perform a group recital. Students receive a certificate and medal.

Register at Davis Community Center on Tuesday, February 4 from 6:00-7:45 PM.

Site: Davis Community Center

Fee: \$4 Enrollment Fee, plus \$6/night at the door

AGES 4-8

Date: Tue, Feb 11-April 29

Time: 6:00-6:45 PM

AGES 9-16

Date: Tue, Feb 11-April 29

Time: 7:00-7:45 PM

Snowshoeing *Ages 5-15*

Come experience a real winter getaway. Discover the history and designs of snowshoes, then strap on a pair for an exhilarating hike through the snow covered woods. Make sure to dress for the weather. All equipment is supplied. Meet at French Regional Park Visitor Center. Must provide own transportation to and from French Regional Park. PLEASE NOTE: Depending on snow conditions, program may need to move to Elm Creek Park Reserve. This program is run in cooperation with Three Rivers Park District. **Register by January 2.**

Site: French Regional Park (12605 Co Rd 9)

Date: Tue, Jan 21

Fee: \$9/person

AGES 5-9

Time: 9:30-11:30 AM

Code: 12483

AGES 10-15

Time: 12:30-2:30 PM

Code: 12484



youth activities continued

Winter Playground

Ages 6-12

We're cooling down the summer playground program and offering Winter Playground. Join some of the summer staff in some fun indoor and outdoor winter activities. Participants will play games, do crafts, skate, sled and more! Please dress for outdoor activities.

Site: Wesley Park

Time: 1:00-3:00 PM

Fee: \$25, Resident \$20

Date: Mon/Thu/Fri, Dec 23, 26, 27

Code: 12514

Date: Mon/Thu/Fri, Dec 30, Jan 2, 3

Code: 12515

Winter Break Sports Camp

with Revolutionary Sports

Ages 6-14

Join us for this two day camp to explore some different sports while having fun! Players are involved with two or three sports in the morning and two or three different sports in the afternoon. Must bring your own lunch. This course is run in cooperation with Robbinsdale Parks and Recreation.

Site: Robbinsdale Community Gyms

Date: Thu-Fri, Dec 26-27

Time: 9:00 AM-4:00 PM

Fee: \$90/person for both days

Code: 12466

Magic & More

Ages 12+

Along with the basic principles of magic, the secrets of illusion and misdirection will be taught. It's all easy and fun. Kids, moms, dads, grandparents are welcome. You, too can be the life of every party! This class is taught by Annette Fragale, host of the popular TV show on channel 19. Annette performs throughout the United States at county fairs, schools, libraries and many public events for all ages. All materials are included.

Site: Brookview Community Center

Date: Tues, Jan 7 & 14

Time: 6:00-8:00PM

Fee: \$30, Resident \$25

Code: 12477



American Red Cross Babysitting Training

Ages 11-15

This course will include fun activities, exciting videos, lively discussions and real-life problem solving situations. Participants must be 11 years old by the day of the class. Participants will learn: Safety and Safe Play; Basic Care: Feeding and diaper changing; First Aid: Every babysitter needs to know what to do if an accident happens; Leadership: How do you have fun with the kids, but stay in control; Professionalism: What should you ask during a babysitting interview? **Participants provide own lunch and snack.**

Site: Brookview Community Center

Time: 8:00 AM-4:30 PM

Fee: \$82, Resident \$77

Date: Sat, Jan 18

Date: Sat, March 22

Code: 12252

Code: 12480

Drama Club

Ages 6-17

Our winter Drama Club will continue its long history of exciting productions! We'll focus on preparing and performing a play to be showcased on Thursday, March 20 at 7:00 PM. All participants must be able to participate in the final performance. Instructors have extensive training in theatre, film and advertising.

Site: Sandburg School

Date: Tue/Thu, Jan 7-March 6

Fee: \$104, Resident \$99

AGES 6-12

Time: 6:15-7:30 PM

Code: 12516

AGES 13-17

Time: 7:30-8:45 PM

Code: 12517



First Steps in Music Land *Ages 18 mo-5 with an Adult*

Basic musical concepts through a variety of fun activities. Parents and children will dance, sing and play while learning rhythm and fine and gross motor coordination. Instructed by Julie Pruse. **Resident fee applies to Brooklyn Park, Golden Valley, Maple Grove, New Hope and Plymouth residents.*

Site: Brookview Comm Center

Date: Tue, Jan 7-Feb 11

Date: Tue, Feb 18-March 25

Time: 2:30-3:15 PM

Code: 12518

Code: 12519

Fee: \$54, *Resident \$49



Piano for Little Mozarts *Ages 4-6*

Young students get a jump start on piano skills with the popular "Music for Little Mozarts" series. Each lesson includes music facts, movements, singing, percussion instruments and time on the keyboard. Learn about classical music of Mozart, Beethoven and other composers. The first piano book will be available for purchase for \$8 at the first class. Limit 1 student. Class instructed by Julie Pruse. **Resident fee applies to Brooklyn Park, Golden Valley, Maple Grove, New Hope and Plymouth residents.*

Site: Brookview Comm Center

Date: Tue, Jan 7-Feb 11

Date: Tue, Feb 18-March 25

Time: 2:00-2:30 PM

Code: 12520

Code: 12521

Fee: \$80, *Resident \$72



Private Piano Lessons *Ages 7+*

These 30-minute lessons are taught by qualified and experienced teachers. You will learn basic and advanced keyboard techniques, sight reading, music theory and ensemble playing. **Resident fee applies to Brooklyn Park, Golden Valley, Maple Grove, New Hope and Plymouth.*

TO REGISTER: Contact the Music For Everyone Coordinator at 763-509-5224 to establish a lesson time. After you establish a lesson, call the Recreation office to register over the phone with Visa or MasterCard.

INSTRUCTED BY MILA MARON

Site: Brookview Community Center

Available Times: Mon 4:00-6:00 PM

or Wed 3:30-9:00 PM

Date: Mon, Jan 6-March 17

Fee: \$241, *Res \$231

Code: 12522

Date: Wed, Jan 8-March 19

Fee: \$241, *Res \$231

Code: 12527

Date: Mon, March 31-May 19

Fee: \$188, *Res \$178 (includes recital fee)

Code: 12525

Date: Wed, April 9-May 28

Fee: \$188, *Res \$178 (includes recital fee)

Code: 12524

INSTRUCTED BY JULIE PRUSE

Site: Brookview Community Center

Available Times: 3:30-9:00 PM

Date: Tue, Jan 7-March 18

Fee: \$241, *Res \$231

Code: 12523

Date: Tue, April 8-May 27

Fee: \$188, *Res \$178 (includes recital fee)

Code: 12526



youth activities continued

Tooth Fairy Box

Ages 2-6 with Adult

Decorate a box with bright colors and designs. Available for pick-up by March 10. Program starts promptly at 9:30 am. Participants may not need the full hour and a half to complete their project and can leave once they have completed their project. **Register by February 10.**

Site: Crystal Community Center

Date: Thu, Feb 20

Time: 9:30-11:00 AM

Fee: \$24, *Resident \$17

Code: 12528

Princess Jasmine's Magic Carpet Party

Ages 2-6 with Adult

Come and play Aladdin themed games from the movie. Parents don't forget your camera; there will be a photo opportunity with Jasmine on the magic carpet. **Register by March 14.**

Site: Brookview Community Center

Date: Sat, March 22

Time: 10:00-11:00 AM

Fee: \$46, *Resident \$39

Code: 12529

Bunny Plate

Ages 2-6 with Adult

Hop on over and paint a Bunny Bowl. Available for pick-up by April 14. Program starts promptly at 9:30 AM. Participants may not need the full hour and a half to complete their project and can leave once they have completed their project. **Register by March 24.**

Site: Crystal Community Center

Date: Thu, April 3

Time: 9:30-11:00 AM

Fee: \$27, *Resident \$20

Code: 12530

Here Comes the Bride Art Class

Ages 3-6

This fun filled class will give your child a chance to transform herself into a bride. She will design and create a wedding dress and veil that she can actually wear home. This is art your child can use when she plays dress-up! **Register by Jan 3.**

Site: Crystal Community Center

Date: Sat, Jan 11

Time: 10:00 AM-12:00 PM

Fee: \$28, *Resident \$21

Code: 12531

Messy Monsters Art Class

Ages 3-6

Ages 3-6 will use paper mache, paint and more simply sloppy supplies to make a project your mom would never let you do at home! **Register by January 31.**

Site: Crystal Community Center

Date: Sat, Feb 8

Time: 10:00 AM-12:00 PM

Fee: \$28, *Resident \$21

Code: 12532

Beautiful Ballerinas Art Class

Ages 3-6

Tutu fun! We will learn about Edgar Degas' beautiful ballerinas and then create our own ballerina themed art project on a real canvas board featuring the kid's handprints. The kids are welcome to wear tutus to class. **Register by March 7.**

Site: Crystal Community Center

Date: Sat, March 15

Time: 10:00 AM-12:00 PM

Fee: \$28, *Resident \$21

Code: 12533



**Resident fee applies to Crystal, Golden Valley, New Hope and Robbinsdale residents.*



Art Play Mini Camp

Ages 3-6

Each day we will explore a new creative art experience as your young artist discovers a variety of interesting ways to play at making art. We'll paint, sculpt, make collages and costumes too!

Register by March 19.

Site: Crystal Community Center

Date: Thu-Fri, March 27-28

Time: 10:00 AM-12:00 PM

Fee: \$46, *Resident \$39

Code: 12534

Messiest Art Class Ever!

Ages 5-12

We'll be sculpting with gooey gunk and flinging paint like Jackson Pollock. These are not projects to tackle at home – leave the mess with us. **Register by Dec 20.**

Site: Crystal Community Center

Date: Mon, Dec 30

Time: 9:30 AM-12:00 PM

Fee: \$31, *Resident \$24

Code: 12535

Van Gogh's Sunflowers

Ages 5-12

We will learn about and be inspired by this famous artist as we paint our own sunflowers on a real canvas board! **Register by January 3.**

Site: Crystal Community Center

Date: Sat, Jan 11

Time: 12:30-2:30 PM

Fee: \$28, *Resident \$21

Code: 12536

Valentine Art Party

Ages 5-12

Youth will create jumbo sized Valentine's Day cards they can give to someone they're "sweet" on. **Register by Jan 31.**

Site: Crystal Community Center

Date: Sat, Feb 8

Time: 12:30-2:30 PM

Fee: \$28, *Resident \$21

Code: 12537

You & Yoda

Ages 5-12

Youth ages 5-12 you will create a painting that will transform you into Yoda! **Register by March 7.**

Site: Crystal Community Center

Date: Sat, March 15

Time: 12:30-2:30 PM

Fee: \$28, *Resident \$21

Code: 12538

Willy Wonka Art Camp

Ages 5-12

Come create crazy kaleidoscopes, mosaics, imaginary candy and more art that is positively scrumdiddlyumptious! For many of our projects we'll use real candy such as frosting, gummy bears, gum drops and marshmallows as art materials. **Register by March 19.**

Site: Crystal Community Center

Date: Thu-Fri, March 27-28

Time: 1:00-3:00 PM

Fee: \$46, *Resident \$39

Code: 12539

youth activities continued

Star Wars Droid Builder

Ages 7-12

Bring Star Wars inspired inventions to life — with the Star Wars Lego Mindstorms Robotics Developer kit. We will start with a simple droid mechanism, and then move on to more ambitious droids that move and walk. This modular building system lets students build using subassemblies, making it easy to create and customize the robotic droids. All these great robotic inventions are powered by the Micro Scout, the smallest LEGO microcomputer, equipped with light sensor, and 6 robotic programs to control our droid creations. Possible Models include: Droid Vehicle, Trainer Droids, our version of R2D2 and more! We will experiment with robotic programs that avoid light, seek light, and are controlled by lights, act as alarms and more. Students will get to take a home a small Lego non-robotic droid or starship. **Register by December 13.**

Site: Crystal Community Center
Date: Mon, Dec 23
Time: 9:00 AM-12:00 PM
Fee: \$41, *Resident \$34
Code: 12541

Sea Life Plate & Bowl

Ages 7-12

This plate and bowl is perfect for all snack attacks. Available for pick-up by March 17. **Register by February 24.**

Site: Crystal Comm Center
Date: Sat, March 1
Time: 9:30-11:00 AM
Fee: \$34, *Res \$27
Code: 12540



Video Game Creation

Ages 7-12

Create your own customized Video Game using Nintendo Characters. Program your characters to move and interact with one another. Students will learn to change backgrounds, add audio effects, create a pong game, and other games. Working in pairs, students will create a dynamic video animation game using Scratch, the innovative programming language created just for students by the MIT Media Lab. The first part of each class will be instructor led; with the time remaining students will have the opportunity customize their own game animation. Student will be able to use different Nintendo characters sprites such as: Pokémon, Super Mario Brother, Sonic the Hedgehog to create their video game animations. **Register by March 18.**

Site: Crystal Community Center
Date: Wed, March 26
Time: 9:00 AM-12:00 PM
Fee: \$41, *Resident \$34
Code: 12542

Heart Plate

Ages 10-15

Roses are red, violets are blue, paint a Heart Plate for your sweetheart... or maybe just for you! Available for pick-up by February 10. **Register by January 10.**

Site: Crystal Community Center
Date: Tue, Jan 21
Time: 9:30-11:00 AM
Fee: \$27, *Resident \$20
Code: 12543



Art In Action

Ages 7-12

Have fun discovering various art styles; using various media and techniques; while creating your own masterpieces. **Resident fee applies to Crystal, Golden Valley, New Hope and Robbinsdale residents.*

Site: Robbinsdale Middle School

"EMPTY BOWLS" - AN EXPRESSION OF COMMUNITY

This class is part of Robbinsdale Area School District's Empty Bowl project, an international grassroots effort to fight hunger and was created by The Imagine Render Group. The basic premise is simple: Potters and other craftspeople, educators and others work with the community to create handcrafted bowls. We'll make one bowl to keep and one to donate to the Empty Bowls program.

Date: Wed, Jan 29 & Feb 19
Time: 6:15-7:30 PM
Fee: \$29, *Resident \$22
Code: 12481

PAINTING - AN EXPRESSION OF ME

Portrait painting includes a variety of artist styles. In this class we will explore a few styles to create your own expressive portrait.

Date: Wed, Mar 19
Time: 6:15-7:30 PM
Fee: \$19, *Resident \$12
Code: 12482



Ice Hockey Skills Camp

Ages 5-10

This program is designed to teach boys and girls basic ice hockey skills with an emphasis on skating, puck handling, shooting, positioning, goal tending and basic rules. No formal games with other teams, only scrimmages at the end of each session. **Participants provide their own:** hockey skates, hockey stick, helmet with mask, mouth guard and protective cup if applicable.

Site: Hampshire Park (outdoor ice)

Fee: \$25, Resident \$20

AGES 5-7

Time: 12:15-1:30 PM

Date: M/Th/F, Dec 23, 26-27

Code: 12545

Date: M/Th/F, Dec 30, Jan 2-3

Code: 12546

AGES 8-10

Time: 1:45-3:00 PM

Date: M/Th/F, Dec 23, 26-27

Code: 12547

Date: M/Th/F, Dec 30, Jan 2-3

Code: 12548

Rink Rat Hockey for Boys & Girls

Ages 7-12

This outdoor hockey program consists of two pre-season practices and 8 instructional games. Volunteer coaches officiate games with no goalies, only goal covers. Half of the games are played in *other communities (St. Louis Park, Minnetonka, New Hope, Robbinsdale, Plymouth and Crystal). Games will be rescheduled in the event of cancellations (weather permitting). Schedules will be mailed late December. Waiting lists taken after registration deadline. Partial teams will be merged with other communities if necessary. League jersey and participation award provided. **Participants provide their own:** hockey skates, hockey stick, helmet with mask, mouth guard, shin pads, hockey gloves, elbow pads, and protective cup if applicable. **Register by December 18.**

Site: Wesley Park & *cities above

Dates: Jan 3-Feb 7

Time: Friday evening & Sunday afternoon, exact times TBD

Fee: \$45, *Resident \$40

AGES 7-9 Code: 12370

AGES 10-12 Code: 12371

Teen Pond Hockey Tournament

Ages 13-18

Join us for a one-day single elimination pond hockey tournament. All skill levels are welcome. Teams will consist of six players with games being played in a 3 vs. 3 format and no goalie. Game schedule and rules will be provided one week prior.

Site: Lions Park

Date: Sat, Jan 18

Time: Varies (depending on number of teams)

Fee: \$35 per team of 6

Code: 12544



target center family events

The cities of Brooklyn Center, Crystal, Golden Valley, Robbinsdale and New Hope are joining together to offer great ticket deals for these events. This is for children and adults of all ages! A limited number of tickets are available; however, 15 tickets need to be sold to ensure the group rate. Participants supply their own transportation.

TICKET PICK-UP: Participants will be notified when tickets are available for pickup at the Recreation office.

Sesame Street Live

No matter where you're from or where you've been, everyone is special-so join in! Elmo, Grover, Abby Cadabby and their Sesame Street friends welcome Chamki, Grover's friends from India, to Sesame Street! Together, they explore the universal fun of friendship and celebrate cultural similarities, from singing and dancing, to sharing cookies. Ages 1+ need a ticket. **Register by January 10.**

Date: Sun, Jan 26

Fee: \$19, Resident \$14 (lower level reserved)

Time: 1:00 PM

Code: 12373



Golden Valley Family Day with the Timberwolves at Target Center

Join your neighbors for Golden Valley Family Day with the Minnesota Timberwolves! The Wolves will take on the Phoenix Suns. All residents receive discounted tickets for upper level sideline and no additional fees! **Register by February 13.**

Date: Sun, Feb 23

Fee: \$19, Resident \$14 (upper level sidelines)

Time: 2:30 PM

Code: 12571



Disney on Ice Presents "Let's Celebrate!"

Join us for a Jam Packed Celebration of all your favorite holidays! It's a party on ice with all your favorite Disney friends! Join Mickey Mouse and Minnie Mouse as they celebrate a winter wonderland with Woody, Jessie and Buzz Lightyear; a Royal Valentine's Day Ball with the Disney Princesses; a Hawaiian luau with Lilo & Stitch; Mardi Gras with Princess Tiana and Prince Naveen; a Halloween haunt with the Disney Villains, a Very Merry Unbirthday Party with Alice and the Mad Hatter and more in a magical medley of holidays, celebrations and festivals from around the globe. Come join the party when this spectacular ice show visits Minneapolis. Age 2+ need a ticket. **Register by Feb 14.**

Date: Sat, March 1

Fee: \$32, Resident \$27 (lower level reserved)

Time: 3:00 PM

Code: 12549



Harlem Globetrotters

Circle your calendar! A Globetrotters game features many of the world's best dunkers, ball handlers and shooters—combined with comedy guaranteed to entertain all ages! Age 2+ need a ticket. **Register by March 28.**

Date: Sat, April 12

Fee: \$27, Resident \$22 (lower level ends/upper level)

Time: 7:00 PM

Code: 12550

youth athletic associations

Cooper/Armstrong Girls Fastpitch Softball

Girls age 9-12

cooperarmstrongfastpitch@gmail.com

www.cooperarmstrongfastpitch.org

Golden Valley Little League Baseball

Boys & Girls age 6-12

Pat Dale, 763-593-9077

gvdales@comcast.net

www.goldenvalleylittleleague.org

Golden Valley Phoenix Soccer Club

Boys & Girls age 9-18

763-544-9829

www.gvphoenixsoccer.org

Cooper/Armstrong Baseball

Boys age 12-19

Dale Bierke, 763-614-9821

www.acybaseball.com

Girls Slowpitch Softball

Girls grade 3-12

Andy Bukowski, 763-593-3870

www.gvgs.org



adaptive recreation programs

The adaptive recreation program is a cooperative effort of cities of Brooklyn Park, Brooklyn Center, Golden Valley, Maple Grove, Plymouth, and REACH for Resources. REACH is an agency which serves individuals with developmental disabilities and their families in the West and Northwest metro area. For more information, call Sarah at 952-988-4177 or visit www.reachforresources.org.



INCLUSION SUPPORT REACH For Resources provides inclusion facilitators for children and adults with disabilities who would like to participate in their city park and recreation programs. Registration for these programs is done through your Park and Recreation Department. After registering, contact REACH to discuss the needs/accommodations for yourself or your child. We request a minimum of two weeks notice for a successful inclusion.

ALL AGES PROGRAMS *Ages 5+*

BOWLING Join us for fun, non-competitive bowling. You will bowl 2 games each week. Held at Doyle's Bowling (5000 West Broadway, Crystal) on Sat, Jan 18-March 8 from 12:00-2:00 PM and 2:00-4:00 PM. \$35/Res, \$43/Non-Res, plus \$3.50/week.

YOGA Increase attention span, focus, muscle tone and flexibility. This is a combination class for kids and adults with disabilities. Adults may sign up to participate independently. Children with disabilities and their parents participate together. All children under 13 must be accompanied by at least one adult. Held at St. Louis Park Recreation Center (3700 Monterey Drive, St. Louis Park) on Tue, Jan 21-Feb 25 from 7:00-8:00 PM. \$50 per parent/child Res, \$58 per parent/child Non-Res, \$20/add'l family member.

TEEN PROGRAMS *Ages 13+*

TEEN EXPLORERS Get to know new friends while trying new activities! Games, art projects, community events, and more! Held at various metro locations on Tue, Jan 14-March 4 from 6:30-8:30 PM. \$40/Res, \$48/Non-Res.

SOCIAL SEEKERS This is a program for teens and young adults with Asperger's Syndrome. We meet once a week for fun and social interaction. Groups are available for varying age groups (12-14, 15-18, and 19-30) and at various locations. Intake required for all new participants. Call for information.

ADULT PROGRAMS *Ages 18+*

ZUMBA Have fun while learning the popular dance moves! Join the sensation! Held at St. Louis Park Recreation Center (3700 Monterey Drive, St. Louis Park – Banquet Room) on Mon, Jan 13-Feb 24 (No Jan 20, Feb 17) from 6:30-7:30 PM. \$40/Res, \$48/Non-Res.

WEDNESDAY NIGHT SOCIAL Meet new friends while enjoying games, dances, movies, bingo, etc. at various west metro locations on Wed, Jan 15-March 5 from 6:30-8:30 PM. \$40/Res, \$48/Non-Res.

NON-COMPETITIVE BASKETBALL LEAGUE Have fun and improve your basketball skills. Held at Brooklyn Center Youth Rec Center on Thu, Jan 9-March 13 from 6:30-8:00 PM. \$40/Res, \$48/Non-Res.

ADULT PROGRAMS *continued*

WALKING FOR HEALTH Keep that body moving and enjoy the community! We will walk at various indoor and outdoor locations on Mon, Jan 13-Feb 24 (No Jan 20, Feb 17) from 6:30-8:30 PM. \$25/Res, \$33/Non-Res.

ON THE TOWN Social program for adults who can explore their community with minimal supervision. Intake required. Call for information.

SPECIAL EVENTS

FRIDAY NIGHT DANCES

Join your friends and groove to all the latest hits! 7:00-9:00 PM, \$5 at the door.

St. Louis Park High School - Jan 17, Feb 21, Mar 21
Brooklyn Park Comm Center - Feb 7

WEEKEND VENTURES Join us for this great weekend respite program for ages 15+. Upcoming events: Dec 6-8 - Downtown Minneapolis; Mar 21-23 - Mall of America. \$350per weekend. Call Beth at 952-988-5321.

SUPER BOWL PARTY Watch the BIG GAME with your friends and enjoy food, games, and activities throughout! Held at Brookview Golf Grill in Golden Valley on Feb 2 from 5:00-9:00 PM.

HOLIDAY JAMBOREE Join your friends to do holiday themed crafts, listen to great music, have some holiday snacks, and bring in the winter with a smile! Held at Brooklyn Park Community Center (5600 85th Ave N) on Thu, Dec 12 from 6:00-8:00 PM. \$5.

ANNUAL MEETING, HOLIDAY PARTY & ART SHOWCASE Come help us celebrate our achievements this year and enjoy exciting works of art produced by our clients! This is also an opportunity for you to give us feedback about the programs and services we offer, as well as submit nominations for new board members. Held at Minnetonka Community Center (14600 Mtka Blvd) on Tue, Dec 3 from 6:00-8:30 PM, \$5 suggested donation at the door.

adult activities

Hoop It Up! Fun and Fitness

Get a great workout while trimming your waist, thighs, and belly with hoops, the beloved childhood toy that is all grown up! The specially designed exercise hoop targets your waistline and core area and is a great cardiovascular exercise too. This fun class includes balance, strength and flexibility exercises using the hoop. All ages welcome. Annette's oldest student is 91! Hoops available for purchase for \$15.

Site: Brookview Community Center

Date: Wed, Jan 8

Time: 6:00-7:30 PM

Fee: \$17,
Resident \$12

Code: 12551



Beginning Modern Dance

Feel the joy of moving through the art of dance! Class begins with a warm-up influenced by yoga and pilates, focusing on strength, flexibility and body part articulation. Standing work includes balance, alignment and foot work. Movement phases across the floor emphasize spatial awareness, rhythmic clarity, momentum, and dynamic movement qualities. Some elements of improvisation are included. Bare feet and active wear recommended. **Resident fee applies to Golden Valley and Crystal residents.*

Site: Brookview Community Center

Date: Wed, Jan 29-April 2

Time: 6:30-7:30 PM

Fee: \$79, *Resident \$72

Code: 12490

Pilates - Inspired Workout with Annette

When was the last time you found yourself with an amazing set of abs? Challenge your powerhouse with the body-slimming, core-shaping exercises that have made Pilates the most popular method to tone and sculpt long, lean muscles. This easy, energizing routine promises to improve flexibility, balance and posture and to maximize your mental and physical health. Exercises are appropriate for all fitness levels. Annette's classes are always easy to follow, non-intimidating and fun. Many elements of yoga are included. Please bring an exercise mat.

Site: Brookview Community Center

Date: Mon, Feb 3-March 24

Time: 6:00-7:00 PM

Fee: \$61, Resident \$56

Code: 12552

Beginning Belly Dancing

Beginner classes are structured to benefit participants with no previous dance experience and focuses on core muscle toning, body coordination and overall body muscle strengthening while learning dance steps and movements that are broken down to simple steps and techniques. We learn to play finger cymbals too! Class taught by Tatyana Butkova.

Site: Brookview Community Center

Time: 7:00-8:30 PM

Fee: \$69, Resident \$64

Date: Thu, Jan 9-Feb 27

Code: 12553

Date: Thu, March 13-May 1

Code: 12554

Daytime Yoga with Annette

Yoga can help reverse the aging process by improving flexibility, massaging the inner organs, strengthening the muscles, improving balance, posture, circulation and digestion. Exercises are appropriate for all fitness levels. Annette's classes are always easy to follow, non-intimidating and fun. Please bring an exercise mat.

Site: Brookview Community Center

Date: Tue, Jan 21-March 11

Time: 11:00 AM-12:00 PM

Fee: \$61, Resident \$56

Code: 12493

Intermediate Belly Dancing

Intermediate class teaches to mix and layer body movements with dance steps, introduces advanced dance movements, and continues to work on core muscles strengthening, coordination and overall body improvement and dance refinement! Class taught by Tatyana Butkova.

Site: Brookview Community Center

Time: 7:15-8:45 PM

Fee: \$85, Resident \$80

Date: Mon, Jan 6-Feb 24

Code: 12556

Date: Mon, March 3-April 21

Code: 12557



adult activities continued

Yoga Flow with Laura

Get ready to connect with the feeling and power of your body through flow yoga... This 70-minute non-competitive class combines yoga postures, core work, breathing awareness and a blissful guided relaxation. Appropriate for beginners to yoga, as well as those who already practice. Benefits include: increased strength, flexibility, body awareness and mental clarity. Bring a sticky mat. Blanket and small pillow are optional for relaxation. Instructed by Laura Lazowski.

Site: Brookview Community Center

Time: 5:30-6:40 PM

Fee: \$65, Resident \$60

Date: Tue, Jan 7-Feb 11

Code: 12558

Date: Tue, Feb 18-March 25

Code: 12559

Date: Thu, Jan 2-Feb 6

Code: 12560

Date: Thu, Feb 20-March 27

Code: 12561

Meditation Made Simple

Meditation is an effective tool for managing stress and for experiencing more joy and satisfaction in your life. Take 1 ½ hours from your week to explore what meditation truly is and to experience the pleasure of meditation. You'll leave the workshop with a solid knowledge of meditation and take home practical techniques for meditating. Wear very comfortable clothes. We're going to take our shoes off, so wear warm socks or bring slippers! Instructed by Laura Lazowski.

Site: Brookview Community Center

Date: Sat, Jan 4

Time: 9:30-11:00 AM

Fee: \$20, Resident \$15

Code: 12568

Power Yoga Flow with Laura

Similar to the Yoga Flow class (see description), with focus on creating and nurturing body alignment, flexibility, strength and calming the mind. This class includes a few more intermediate poses, however, beginners are welcomed to do modified poses for their level of comfort. This 90-minute non-competitive class consists of breath awareness, yoga poses, core exercises, light weight work, and a guided relaxation. Bring a sticky mat, 1-5 lb. hand weights (optional) and a small blanket and pillow for relaxation (optional). Instructed by Laura Lazowski.

Site: Brookview Community Center

Time: 6:45-8:15 PM

Fee: \$77, Resident \$72

Date: Tue, Jan 7-Feb 11

Code: 12562

Date: Tue, Feb 18-March 25

Code: 12563



Tai Chi for Health & Arthritis

These Tai Chi classes are taught by Certified Instructor Marie Mathay. Wear comfy clothes.

Site: Brookview Community Center

BASIC

This program, endorsed by the Arthritis Foundation, is a series of gentle, yet powerful, easy-to-learn movements that promote effective physical and mental well-being. Great for joint pain relief and fall prevention!

Time: 8:30-9:40 AM

Fee: \$50, Resident \$45

Date: Tue, Jan 7-Feb 18

Code: 12450

Date: Tue, Feb 25-April 8

Code: 12451

MOVING ON

For persons who have completed at least one session of Tai Chi we continue on our Tai Chi journey, endorsed by the Arthritis Foundation.

Time: 9:45-10:45 AM

Fee: \$50, Resident \$45

Date: Tue, Jan 7-Feb 18

Code: 12456

Date: Tue, Feb 25-April 8

Code: 12457

ENHANCEMENT

Add a second day to practice and enhance your Tai Chi experience. This class is for all levels of Tai Chi. NOTE: You must be registered in a Tuesday class to participate in the Enhancement class.

Time: 9:45-10:45 AM

Fee: \$40, Resident \$35

Date: Thu, Jan 9-Feb 20

Code: 12460

Date: Thu, Feb 27-April 10

Code: 12461

Watercolor Basics

A class for beginners or people who want to renew their watercolor skills, and advanced exercises for former participants. Course includes an introduction to watercolor materials, color, washes, wet on wet, wet on dry, values, glazing, and creative uses of your work. Each student will build on skills learned in the previous session. (An understanding of drawing skills will enhance your painting results.) A supply list will be provided. Students are responsible to bring their own supplies. Limit of 10 students.



Site: Brookview Community Center

Date: Wed, April 16-May 21

Time: 6:30-8:30 PM

Fee: \$60, Resident \$55

Code: 12567

Easy Homemade Chocolates

Homemade Chocolates are the perfect gift for your Valentine. In this two-hour class, participants will learn to make peanut butter and candy cane chocolate truffles, perfect for gift-giving. Each student will leave with 1-2 dozen chocolates. *Food Allergy Warning: We will use peanuts in this class! Teens 15 and older are welcomed at this class if signed up with an adult. **Register by February 1.**

Site: Crystal Community Center

Date: Sun, Feb 9

Time: 2:00-4:00 PM

Fee: \$30, Resident \$23

Code: 12491

More Watercolor and Drawing Opportunities

Extend your basic knowledge of watercolor and/or drawing by trying various styles and studies of nature, landscape, and people through guided instruction. Study pictures provided, or bring your own photos. A simple supply list will be provided. Instructor Carolyn Papke is an artist and retired teacher. Limit: 10.

Site: Brookview Comm Center

Date: Wed, Jan 8-29

Time: 6:30-8:30 PM

Fee: \$40, Resident \$35

Code: 12492

Flower Pot

Spring fever has hit! Now it is the perfect time to create your own flower pot that will be ready for your spring flowers. Each piece of pottery will be clear glazed and fired by Color Me Mine staff, and will be available for pick-up by March 17. Participants may not need the full 2 hours to complete their project. **Register by February 28.**

Site: Crystal Community Center

Date: Mon, March 10

Time: 6:00-8:00 PM

Fee: \$34, Resident \$27

Code: 12565



Introduction to Drawing

Through guided exercises this course will help beginners to see and draw accurately, and those with experience to get their drawing skills back up to speed. Drawing techniques include gesture, contour, value, positive/negative space, perspective, and proportions of objects related to nature, landscape, and people. **Participants should bring:** inexpensive 9x12 spiral bound sketch book, two pencils (soft 2 or 3B and hard HB or 2H), and one Pigma Micron black pen #03 or #05. Limit: 10.

Site: Brookview Community Center

Date: Wed, March 5-April 9

Time: 6:30-8:30 PM

Fee: \$60, Resident \$55

Code: 12566

Ballroom Dancing for Beginners

If you have little or no dance experience, then this is the perfect course for you! Learn several basic steps in the Hustle, Swing, Foxtrot, Waltz, Cha Cha, Salsa, and Polka! Learn how to dance to your favorite songs. Learn real steps to use on the dance floor. Do something new together as a couple. Classes are fun and easy! For more information, visit www.ConstantineDance.com.

The Constantine family has been offering quality dance instruction in the Twin Cities for over 50 years! Deanna Constantine provides simple instruction where everyone who attends will be successful learning to dance!

Site: Brookview Community Center

Date: Sun, March 9-30

Time: 4:30-6:00 PM

Fee: \$55, Resident \$50

Code: 12564

adult activities continued

Adult Summer Softball Leagues

GENERAL LEAGUE INFORMATION

Games begin the last week of April and run for 11 weeks. All games are played at Schaper Park with a 60-minute time limit and for 7 innings. Start times are 6:00, 7:05, 8:10, and 9:15 PM. All Men's leagues play double headers. Co-Rec plays single games.

REGISTRATION INFORMATION

- Registrations begins December 16, 2013. Registration packets will be available online at <http://www.goldenvalleymn.gov/recreation/adults/softball/summer.php> or at the Recreation office.
- Registration deadline for returning teams is Thursday, February 13, 2014 at 4:30 PM. You do NOT need to wait until the deadline to register. After February 13, your league space is not guaranteed.
- Teams wanting to change leagues will be given consideration prior to new teams that want to join the league.
- All new teams can submit their registration at any time and will be held in the order they are received. All completed registrations must be submitted to the Park and Recreation office, with teams in last year's league given priority until the deadline. New teams will be contacted to fill remaining spaces after February 14.
- Full payment of league fees must be submitted before a team is registered.

LEAGUE FEES

Resident: Anyone who lives or works full time in Golden Valley.

Non-Resident: Anyone who does not live or work full-time in Golden Valley.

Men's Monday All C & D classifications	Res \$635, Non-Res \$835
Men's Tuesday All C & D classifications	Res \$635, Non-Res \$835
Men's Wednesday All C & D classifications	Res \$635, Non-Res \$835
Men's Thursday All C & D classifications	Res \$635, Non-Res \$835
Co-Rec Sunday 11/12" Class D classifications	Res \$515, \$12 per Non-Res



Spring Softball Warm Up

NEW!! Men's Class C/D teams will get a chance to get on the field prior to the summer season. Teams will be scheduled to play double headers, for a total of 4 games. This is a non-competitive program. Standings are not kept. Program will follow USSSA and Golden Valley house rules. Teams are not required to participate in a Golden Valley league to play in the Warm Up. Min 4, max 8 per league. Teams will receive rosters and schedules the week of April 14. **Register by April 4.**

Site: Schaper Park

Start Times: Between 6:30-9:15 PM

Fee: \$180, Resident \$130

LEAGUE A

Dates: Mon, April 21 & Wed, April 23

Code: 12569

LEAGUE B

Dates: Tue, April 22 & Thu, April 24

Code: 12570



Davis Community Center Adult Open Gyms

All levels are welcome to participate in these open gyms. Participants must check in at the front desk before entering the gym and pay the drop in fee or use their punch pass. Punch passes can be purchased at Davis or Brookview Community Centers and can be used at any of the times below. Basketballs and Volleyballs provided.

Fee: \$28/10-time punch pass or \$4/daily drop-in

Day	Date	Activity	Time
Saturday	Jan 4-March 29	Basketball 18+	8:00-10:00 AM
Sunday	Jan 5-March 23	Family Gym Time	1:00-3:00 PM
Sunday	Jan 5-March 23	Pickleball	3:00-5:00 PM
Monday	Jan 6-March 24	Basketball 35+	8:00-10:00 PM
Tuesday	Jan 7-March 25	Volleyball 18+	8:00-10:00 PM
Wednesday	Jan 8-March 26	Pickleball	8:00-10:00 PM
Thursday	Jan 9-March 27	Volleyball 18+	8:00-10:00 PM

senior activities

The Golden Valley Senior Center is located in the Evergreen Room at the Brookview Community Center. Join scheduled activities, register for events, trips and other activities. All programs are held at Brookview unless otherwise noted.

Other locations include:

- Calvary Center Cooperative (7600 Golden Valley Rd)
- Calvary Lutheran Church (7520 Golden Valley Rd)
- Crystal Community Center (4800 N. Douglas Dr)
- Dover Hills (2400 Rhode Island Ave N)
- Golden Valley City Hall (7800 Golden Valley Rd)
- Golden Valley Library (830 Winnetka Ave N)



Phone: 763-512-2339

Fax: 763-512-2344

www.goldenvalleymn.gov/recreation/seniors

Annual Membership Donation

Subscribe to the Senior Newsletter, the center's bi-monthly newsletter, by paying an annual membership donation. Your donation is good for January-December 2014 and will allow you to receive the bi-monthly Senior Newsletter right at your door. Your donation also helps offset some of the costs for the senior program. Support your senior program by donating to the Golden Valley Seniors today!

Donation: \$8, Resident \$5 Code: 12399

*Thanks For
Your Support!*

Blood Pressure Screening

This FREE service is provided by a volunteer nurse from The Ambassador Good Samaritan Center.

Site: Brookview community Center

Date: Wed, Jan 22, Feb 26, March 26 (No screening in Dec)

Time: 11:00-11:30 AM

Tax Assistance 2014

Help with filling out income tax forms is offered free on a first-come, first-served basis to people with uncomplicated income taxes. Please bring all information needed including your labeled tax forms, property tax information and direct deposit information (if applicable). Tax forms are filed electronically. Service provided by volunteers from AARP programs. The volunteers attend training but are not professional tax accountants.

Site: Golden Valley Library (830 Winnetka Ave N)

Date: Thu, Feb 6, 13, 20, 27, March 6, 13, 20, 27, April 3, 10

Time: 9:30 AM-1:30 PM

Registration taken the day of the service on a first-come, first-served basis starting at 9:00AM.



senior activities continued

Golden Tones Chorus

This chorus, organized in 1977, practices on Thursdays at 10:30 AM, September to late April, at Calvary Church (7520 Golden Valley Road). Directed by Flo Carroll, the members enjoy singing together and entertaining each month on Thursday afternoons for local senior centers, care centers, and churches. Interested in joining? Call the senior office, 763-512-2339 for meeting and performance dates.



Weekly Card & Game Groups

New players are always welcome to these card and game groups. Please arrive at least 10 minutes before scheduled start time to get set-up. Hope to see you there! All groups meet at Brookview Community Center.

Group	Day	Time
Dominoes	Mondays	1:00 PM
Cribbage	Tuesdays	1:00 PM
500	Tuesdays	6:30 PM
500	Wednesdays	1:00 PM
Euchre	Thursdays	1:00 PM
Bridge	Thursdays	6:30 PM
Bridge	Fridays	9:00 AM

Helping you Through the Medicare Maze

Going to retire and need your Medicare questions answered? Just out of the hospital and have forms that need filling out? Marsha will meet with you one-on-one to answer your Medicare Insurance questions, assist you with insurance forms or guide you through supplemental or Part D insurance. She would love to work with you. Call the Senior office to make an appointment.

Site: Brookview Community Center

Date: Thu, Dec 12, Jan 9, Feb 13, Mar 13

Appt Times: 9:00, 10:00, 11:00 AM

Happy Feet Foot Care Clinic

This foot-care clinic is conducted by licensed nurses specialized in routine foot care for elder and diabetic feet. They work on corns, calluses, thick or curled toe nails and ingrown nails, if they are not well advanced. A foot soak and massage are provided with each visit. Please bring a bath towel. Call Happy Feet at 763-560-5136 to schedule your half-hour appointment. If you need to cancel your appointment, you must call Happy Feet at least 24 hours in advance, or a fee will be charged to you.

Site: Brookview Community Center

Available Dates:

Tue, Dec 10, 17

Fri, Dec 27

Fri, Jan 10, 17, 24, 31

Fri, Feb 7, 14, 21, 28

Fri, March 7, 14, 21, 28

Fee: \$34, pay to Happy Feet day of service



Mondays with Mary

Join Mary on Mondays at 9:30 AM to make door decorations, greeting cards, placemats, party favors, and more. We work on projects for Ambassador Care Center, Dinner At Your Door, Senior Dining, Golden Valley Seniors and Mary Wanderers. We'll supply the materials and coffee. You bring your time, talent and occasionally, a treat. See the senior newsletter for more information and meeting dates.

Remeber When...? with Jan

We all have special memories and we usually start by saying "remember when?...." Let's go back and enjoy that time in our life with our friends.

Site: Dover Hill Apartments (2400 Rhode Island Ave N - Community Room)

Time: 1:00-2:30 PM

Thursday, December 19

Remembering Favorite Gifts:
Given or Received

Thursday, January 23

Remembering TV Variety Shows
from the 50's and 60's

Thursday, February 27

Remembering Telephones
and Party Lines

Thursday, March 27

Remembering Favorite Magazines

Thursday, April 24

Remembering Covered Bridges



Holiday Concert with the Robbinsdale City Band

Enjoy a holiday band concert and sing-a-long with the Robbinsdale City Band.

Site: Crystal Community Center

Date: Thu, Dec 5

Time: 7:00 PM refreshments, 7:30 PM concert

Fee: Donation for refreshments



Holiday Tea

The afternoon begins with a program of musical entertainment performed by the lovely voice of Carol Z. A cup of soup, petite sandwiches and desserts will be served. Festive attire encouraged. Bring your own tea cup and saucer to add to the fun. **Register by Wed, December 11.**

Site: Brookview Community Center

Date: Mon, Dec 16

Time: 1:00-2:30 PM

Fee: \$8/person includes entertainment & refreshments

Code: 12378



Mary Wanderers Trip Travelogue

The adventures begin as we kick-off the Mary Wanderers, our 2014 travel program with a "meet and greet". Meet Alice and Mary our trip planner and escort, and greet your fellow travelers as you enjoy dessert and ice cream. Be the first to hear about our travel adventures of one day and longer trips. Games! Prizes! And More! **Register or cancel by January 22.**

Site: Brookview Community Center

Fee: \$4/person

Date: Mon, Jan 27

Code: 12426

Time: 1:00 PM



Coffee Talk

Join us for juice, treats, informative programs and, of course, coffee! Call the senior office to register in advance so there's treats and coffee for everyone.

Site: Brookview Comm Center

Time: 9:45-11:15 AM

Fee: \$2, pay at door

Wednesday, January 22

Making A Difference: Sharing Your Time, Talents and Treasure

Identify the values that are most important to you, explore ways to share your resources to make a difference and create a personal giving plan. Everyone has the ability to give back to others, whether financially or through one's time and talents. This presentation offers suggestions for creating a personal giving plan appropriate to one's interests, abilities and resources. We trust it will open opportunities for giving that participants had not previously thought possible. Free workbooks provided. Presented by Perry Jacobson, Financial Associate, Thrivent Financial for Lutherans® and Sue Klaseus, Director of Resource Development, Good Samaritan Ambassador. NOTE: Fee for today's program will be provided by Thrivent Financial. **Register by January 17.**

Wednesday, February 26

Emergency Services: Are You Prepared?

Today's presentation will answer the questions: What is a medical emergency? When should I call 911? What is a "File of Life"? What are the symptoms of a Heart Attack and Stroke? Presented by Steve Baker, GV Fire Education Specialist, Paramedic. **Register by February 24.**

Wednesday, March 26

How Fire Proof Are You?

No one gets more excited about fire safety than Steve Baker, the Fire Education Specialist for Golden Valley. Steve will share the history of the Golden Valley Fire Department and how it operates plus teaching you about the value of a fire safety plan, how to control cooking fires and everything you wanted to know about smoke alarms. **Register by March 24.**



senior activities continued

Living Well & Wise

It's a fact! People are living longer and healthier. Join us for this free program that offers information each month for a happy, healthier you. Refreshments provided by Calvary Center Cooperative.

Site: Calvary Center Cooperative
(7600 Golden Valley Road, Main Floor Dining Room)
Time: 1:00-2:30 PM

Thursday, December 5

Senior Medical Patrol – Prevent Medicare Fraud and Abuse

Don't be a target of Medicare fraud. Become familiar with examples of Medicare fraud and waste. Learn how to review billing statements and report system abuse. Learn about the www.MyMedicare.gov website and how the Senior LinkAge Line® can assist seniors and their families. Presented by Michael Aguirre, MN Area Agency on Aging.

Thursday, January 2

Simple Exercises: Focus on Shoulders

Many seniors have shoulder problems and suffer from rotator cuff problems as well as frozen shoulder syndrome. Learn some simple exercises to stay fit this winter along with how to keep healthy shoulders. Presented by Sue Johnson, OTR/L, Golden Valley Rehab and Care Facility.

Thursday, February 6

The Songs of Our Lives

You met Maureen Pranghofer some months ago when she spoke about her Can-Do Canine dog Bentley. She's back in a presentation entitled The Songs of Our Lives. Through listening, discussion, name that tune, and perhaps enjoying some of your musical talents as we explore the songs in Maureen's life you will learn about the songs in your lives as well. Presented by Marie Pranghofer.

Thursday, March 6

A Fond Farewell

Learn options as to what you need for funeral arrangements at home and how to compare apples to apples when comparing costs. Can you buy your casket at Sam's Club or Costco? Can ashes be spread in a public place? Be educated about innovative, creative and proper funeral preplanning. Presented by Jeanne McGill, CSA, CPC.

Thursday, April 3

Eating Sensibly

Good nutrition is just as important in our 70's as it is in our 30's. Learn what "super foods" help to keep us young inside and out. Presented by Karen Palmer, RD, LD, CDE, North Memorial.



Money Matters

Finances and investments are of more interest than ever with rising consumer costs. Join us as we hear speakers from companies dealing with finances and investments present information important to today's investor. Refreshments provided by Golden Valley Rehab and Care Center.

Site: Brookview Community Center
Time: 10:00-11:15 AM

Thursday, December 19

Group Discussion

We will discuss a hot investment/economic topic of the day and plan the 2014 meeting schedule.

Thursday, January 16

Tax Changes for 2014

Learn what's new for preparing your Federal and State tax returns. Presented by Brenda Lutter, H & R Block Golden Valley.

Thursday, February 20

Loss of Privacy

Current technology enables others to collect information and know a lot about us. Learn about some precautions you can take to keep your life private. Presented by Dale Stenseth, Money Matters member and public speaker.

Thursday, March 20

Innovative, Creative & Cost Effective Funeral Preplanning

Learn options as to what you need for funeral arrangements at home and how to compare apples to apples when comparing costs. Can you buy your casket at Sam's Club or Costco? Can ashes be spread in a public place? Be educated about innovative, creative and proper funeral preplanning. Presented by Jeanne McGill, CSA, CPC.

Monday Morning Painting

Looking for a creative start to the week? Michelle has experience painting in watercolors, acrylics and oil. She is here to guide you through your project. Bring your favorite medium and project to class. Purchase your 6-time punch card at the Recreation office.

Site: Brookview

Community Center

Date: Mondays, ongoing

Time: 9:00-11:00 AM

Fee: \$45, Resident \$40



Monday Morning Paint Class Art Show

Golden Valley Library
December 9-30, 2013

The Monday Morning Paint Class, under the guidance of Michelle Basman and Judy Baron, will be displaying their artwork at the Golden Valley Library December 9-30. Stop by during library hours and view the beautiful work created by the students and instructors.

Intermediate Bridge

Made for the player who has basic knowledge of the game, sharpen your skills with these intermediate bridge classes instructed by Dick Welander.

Register by January 8.

Site: Brookview Community Center

Date: Fri, Jan 10-March 7 (No class Jan 17)

Time: 9:00-10:30 AM

Fee: \$38,
Resident \$33
Code: 12567



Watercolor Basics

A class for beginners or people who want to renew their watercolor skills, and advanced exercises for former participants. Course includes an introduction to watercolor materials, color, washes, wet on wet, wet on dry, values, glazing, and creative uses of your work. Each student will build on skills learned in the previous session. (An understanding of drawing skills will enhance your painting results.) A supply list will be provided. Students are responsible to bring their own supplies. Limit: 10.

Site: Brookview Community Center

Date: Wed, April 16-May 21

Time: 6:30-8:30 PM

Fee: \$60, Resident \$55

Code: 12567

Introduction to Drawing

Through guided exercises this course will help beginners to see and draw accurately, and those with experience to get their drawing skills back up to speed. Drawing techniques include gesture, contour, value, positive/negative space, perspective, and proportions of objects related to nature, landscape, and people. **Participants should bring:** inexpensive 9x12 spiral bound sketch book, two pencils (soft 2 or 3B and hard HB or 2H), and one Pigma Micron black pen #03 or #05. Limit: 10.

Site: Brookview Community Center

Date: Wed, March 5-April 9

Time: 6:30-8:30 PM

Fee: \$60, Resident \$55

Code: 12566

Defensive Driving

Adults age 55 or older, save up to 10%, 3-year discount on car insurance premiums and become a better driver by taking a state-approved National Safety Council Defensive Driving course. These classes are taught by professional certified instructors and offered by the Minnesota Safety Council. No tests are given but attendance is required to receive the certificate of completion.

REGISTER: In advance with the Minnesota Safety Council. Make checks payable to "Minnesota Safety Council" and mail to: 474 Concordia Ave, St. Paul, MN, 55103. Call 651-291-9150 to register with Visa or MasterCard..

8-HOUR FIRST TIMERS COURSE

Site: Brookview Community Center

Date: Sat, April 26

Time: 9:00 AM-5:00 PM

Fee: \$18/person

4-HOUR REFRESHER COURSE

Site: Brookview Community Center

Date: Thu, Dec 12, Jan 9, Feb 13, March 13 or April 10

Time: 9:00 AM-1:00 PM

Fee: \$17/person



senior activities continued

Easy Homemade Chocolates

Homemade Chocolates are the perfect gift for your Valentine. In this two-hour class, participants will learn to make peanut butter and candy cane chocolate truffles, perfect for gift-giving. Each student will leave with 1-2 dozen chocolates. *Food Allergy Warning: We will use peanuts in this class! Teens 15 and older are welcomed at this class if signed up with an adult. **Register by February 1.**

Site: Crystal Community Center **Fee:** \$30, Resident \$23
Date: Sun, Feb 9 **Code:** 12491
Time: 2:00-4:00 PM



Flower Pot Craft Class

Spring fever has hit! Now it is the perfect time to create your own flower pot that will be ready for your spring flowers. Each piece of pottery will be clear glazed and fired by Color Me Mine staff, and will be available for pick-up by March 17. Participants may not need the full 2 hours to complete their project. **Register by February 28.**

Site: Crystal Community Center **Fee:** \$34, Resident \$27
Date: Mon, March 10 **Code:** 12565
Time: 6:00-8:00 PM

Pickleball

Pickleball is a game played on a badminton or tennis court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. This is not a league... come when you can....just drop in. Equipment available on a limited basis. Gym shoes required. Participants must check-in at the front desk.

DAYTIME

Site: Crystal Community Center
Days: Mondays & Thursdays
Time: 9:00 AM-12:00 PM
Fee: \$2/person

Site: Davis Community Center
Days: Sunday
Time: 3:00-5:00 PM
Fee: \$4/visit or \$28/10-time punch pass

EVENING

Site: Davis Community Center
Date: Wednesdays
Time: 8:00-10:00 PM
Fee: \$4/visit or \$28/10-time punch pass



Tai Chi for Health & Arthritis

These Tai Chi classes are taught by Certified Instructor Marie Mathay. Wear comfy clothes.

Site: Brookview Community Center

BASIC

This program, endorsed by the Arthritis Foundation, is a series of gentle, yet powerful, easy-to-learn movements that promote effective physical and mental well-being. Great for joint pain relief and fall prevention!

Time: 8:30-9:40 AM
Fee: \$50, Resident \$45

Date: Tue, Jan 7-Feb 18
Code: 12450

Date: Tue, Feb 25-April 8
Code: 12451

MOVING ON

For persons who have completed at least one session of Tai Chi we continue on our Tai Chi journey, endorsed by the Arthritis Foundation.

Time: 9:45-10:45 AM
Fee: \$50, Resident \$45

Date: Tue, Jan 7-Feb 18
Code: 12456

Date: Tue, Feb 25-April 8
Code: 12457

ENHANCEMENT

Add a second day to practice and enhance your Tai Chi experience. This class is for all levels of Tai Chi. NOTE: You must be registered in a Tuesday class to participate in the Enhancement class.

Time: 9:45-10:45 AM
Fee: \$40, Resident \$35

Date: Thu, Jan 9-Feb 20
Code: 12460

Date: Thu, Feb 27-April 10
Code: 12461



BUS PICK-UP LOCATIONS:

Golden Valley City Hall (parking lot under water tower)
Calvary Cooperative

mary wanderer's trip program

Comfortable motor coaches, good food, knowledgeable tour guides and Mary as our escort, our trips are planned with you in mind! The "Mary Wanderers" trip program includes one-four day excursions to places of interest in the Midwest. The cost of the trip is for deluxe motor coach transportation, escort, tours (as outlined) and meals (if provided). Registrations are taken in person or by mail with check, cash, Visa or MasterCard. Phone registrations taken with Visa or MasterCard. NOTE: A \$5 administrative fee will be applied to all cancellations/refunds. No refunds issued after the deadline date. Please be sure to indicate pick-up location when registering.

A Flaming Tour of Glass and Grub

Wednesday, February 12

We arrive at a building in the artisan's industrial park in Minneapolis to descend the stairs into FOCI-The Minnesota Center for Glass Arts. Lined with blazing furnaces, we will experience a glass blowing demonstration. The raw products are carefully mixed and melted then formed into beautiful bowls, vases and other unique creations by artisans. The Glass Center Gift Gallery features glasswork by dozens of artists from the Center for Glass Arts. Lunch will be at Hell's Kitchen in the heart of downtown Minneapolis, appropriately located in a beautiful underground space. It is a chef-owned award-winning restaurant known for creating made-from-scratch meals. About the name...it's about dedicated staff working behind the stove in a hot kitchen to prepare excellent food. Menu: Half Sandwich, Cup of Soup, Beverage and Cookie. **NOTE:** Steps are involved in today's tour. Stable footwear, suitable for standing, is recommended.

Fee: \$58

Bus Pick-up: 9:55 AM

Approx Return: 2:30 PM

Register/Cancel By: Mon, Feb 3

Code: 12421

"Ring of Kerry" Irish Performers

at the Paramount Theater

Friday, March 14

Our day begins at the Coyote Moon Grille Restaurant overlooking the Territory Golf Club in St. Cloud. Enjoy the lunch buffet with several entrees, side dishes, salads, beverage and dessert. Next stop, the Paramount Theatre, a turn-of-the-century historic 700-seat theater that was renovated in 1998. Visit the Visual Arts Center, located on the lower level of the Theatre. Next door is the Paramount Gallery & Gift store featuring Minnesota Artists in All Mediums. Head into the theatre for the "Ring of Kerry" performance. Ring of Kerry is a bursting-with-energy Irish music group that captures the hearts of listeners. All five of its engaging musicians sing and play several instruments. From the thundering sound of the bodhran to the sparkle of the hammered dulcimer; from the lilt and rhythm of fiddle and guitar to the haunting wails of the flute and pennywhistles, the band has developed a blend that is animated, ruggedly beautiful and fun. Audiences always react with great enthusiasm!

Fee: \$68

Bus Pick-up: 9:55 AM

Approx Return: 4:45 PM

Register/Cancel By: Mon, Feb 17

Code: 12425

senior activities continued

Hudson - A Victorian Experience

Thursday, April 10

We arrive at the Phipps Center for a behind-the-scenes tour. Overlooking the St. Croix River, the Phipps Center opened in 1983 and is devoted to the continued pursuit and development of the performing and visual arts. Enjoy a performance on the Wurlitzer console Opus 2131, a one-of-a-kind art deco model. After the tour, browse the Art Gallery and discover unique affordable handmade gifts in the gift store. After the tour, meet for a relaxing self-service Victorian Cream Tea. A three-course tea is presented on elegant buffet tables with savories and sweets. Menu: Four varieties of finger sandwiches, fresh scones with clotted cream and preserves, and a colorful assortment of desserts. Enjoy endless cups of Earl Grey tea from silver trays. Our final stop is the Octagon House for a docent-led tour. This home, built for Judge John Shaw Moffat and his wife, is an example of the novel eight-sided dwelling popular in the mid-1800's. The home has been restored with Victorian era furnishings.

Fee: \$59

Bus Pick-up: 9:25 AM

Approx Return: 3:45 PM

Register/Cancel By: Mon, March 31

Code: 12419

Steel Magnolias at the Old Log Theater

Wednesday, April 30

A celebration of the love, intimacy, and strength of six southern women who are steel magnolias. A story of the lives and friendship of six women in Louisiana. Supporting each other through their triumphs and tragedies, they congregate at Truvy's beauty shop to ponder the mysteries of life and death, husbands and children – and hair and nails – all the important topics that truly unite and celebrate women. Lunch will be enjoyed before the show in the Old Log Dining Room. All meals will include mixed green salad (orange, endive, blue cheese), corn bread and carrot cake.

State menu choice when registering:

- *Braised Short Rib* with mashed potato, roasted squash, ajus.
- *Chicken Breast* with risotto, sweet corn, sundried tomato, chicken sauce.
- *Shrimp and Grits* with sausage, cheddar, onion.
- *Smoked Pork Chop* with fried green tomatoes, sweet corn, okra.
- *Roasted Artichoke* with collard greens, mushrooms, lemon, caper.

Fee: \$58

Bus Pick-up: 11:15 AM

Approx Return: 4:30 PM

Register/Cancel By: Wednesday, April 9

Code: 12420

Augusta Amish Tour

Wednesday, May 14

Start the day with a hearty brunch at the Norske Nook. Menu: The Lefse Omelet Wrap (hash browns, eggs, cheese, sausage links wrapped inside lefse) lots of coffee followed by a piece of their famous Norske Nook homemade pie. Next stop is Weavers County Mennonite Store, offering bulk foods, cooking supplies and spices with unique items operated by the Mennonites. Enjoy the ride to Augusta. Shop at the Wood Shed, a unique country store featuring gift items, candies, Amish crafted quilts, wall hangings, baskets, dolls and handcrafted furniture. Board the motorcoach with a local guide to visit the nearby Amish community. The Amish came to Augusta in 1978 and have grown to over 150 families. See the horse-drawn buggies, one-room schools, Amish only grocery stores, horse teams in the fields, and green houses. Please respect their beliefs –no photographs of the people.

Fee: \$67

Bus Pick-up: 8:25 AM

Approx Return: 5:45 PM

Register/Cancel By: Monday, May 5

Code: 12430



Bayfield, Apostle Islands & Big Top Chautauqua

July 9-11, 2014

DAY 1: Stop for coffee on our way to Ashland before lunch at the Deep Water Grill. In Bayfield board the Glass Bottom Boat. Explore artifacts, shipwrecks and learn about the underwater history of Lake Superior. Check into the Legendary Waters Hotel. The resort is built on the shores of Lake Superior with an indoor swimming pool and fitness center, located adjacent to a casino. This evening stroll along the streets of historic Bayfield with a costumed "Heritage Guide" hearing lively tales of early life in the rugged frontier town.

DAY 2: Enjoy breakfast before taking the Madeline Island Ferry from Bayfield to Madeline Island. Enjoy a guided tour of the island. Lunch is at the Pub Restaurant. Visit the Madeline Island Historical Museum, comprised of four historic log structures dating back to 1835. Back to Bayfield to relax or explore the city. Tonight we'll be enjoying a special performance under the big-top canvas tent at Lake Superior Big Top Chautauqua, a performing arts organization with a rich history. Before the show, wander through the grounds.

DAY 3: Have breakfast before boarding the bus for the Apostle Island National Lakeshore Visitor Center, where we'll see a video and hear a short talk by the Park Ranger. Enjoy a specialty Victorian luncheon at the Old Rittenhouse Inn, a Queen Anne-style mansion restored to its original splendor. This entertaining three-course lunch is the perfect way to bid adieu to this area and return home.

FEE INCLUDES: Deluxe motor coach transportation, lodging for two nights, meals as indicated (C-coffee and rolls, B-Breakfast, L-lunch, D-dinner), attractions as outlined in itinerary, Tour Director, Mary Odell, and gratuities on included meals and attractions.

Fee: \$585/person (Double), \$745/person (single)

Deposit: \$100 by Friday, May 9

Final payment due: Friday, June 6

Code: 12409

After May 9, 2014 payments are NOT refundable.

Call the senior office for a detailed brochure.

Travel Insurance is available.



senior activities continued

Dinner at Your Door 763-531-1183

Friendly volunteer drivers deliver hot, delicious meals to people unable to come to the Senior Dining site to eat. If you are interested in this program, as a consumer or a driver, call Joanne from 9:00-11:30 AM for information and menu.

Fare For All 763-450-3880

Stretch your monthly food budget with Fare For All, a non-profit food-buying program that allows people to increase their food purchasing power. Each month, individuals pay \$10-17 per package and receive up to \$40 worth of fresh, quality food items, including fruits, vegetables and frozen meat item. Fare For All is open to everyone, regardless of income. Call for ordering and pick-up locations.

H.O.M.E. 952-746-4046

H.O.M.E. stands for Household and Outside Maintenance for the Elderly. H.O.M.E. provides affordable services that help seniors continue to live independently in their homes. The core staff, along with skilled workers and volunteers, provide homemaking and home maintenance services for residents age 60+ in Golden Valley. Seniors contribute to the cost of the service based on their monthly income and their ability to pay. H.O.M.E. also accepts some insurance payments as well as the Elderly Waiver and the Alternative Care Grant.

- Interior and exterior painting
- Minor repairs and plumbing
- Safety bars
- House cleaning and laundry
- Errands and grocery shopping
- Snow shoveling
- Raking and window washing

The Mission of the H.O.M.E. Program is to assist those age 60+ with household chores to help promote independence. Each year they receive a growing number of requests for help with leaf raking, window washing, yard clean up, gardening, basement cleaning and garage sweeping. They rely completely on the generosity of volunteers to fulfill these requests. H.O.M.E. also places volunteers with individuals who need assistance with seasonal chores such as snow removal and lawn mowing. The volunteer opportunities are flexible and great for individuals as well as groups.

LinkVet Hotline for Veterans 1-888-546-5838

This toll-free hotline provides referrals, crisis intervention and counseling for veterans and their families 24 hours a day, seven days a week.

Senior Community Service Outreach Program 952-746-4028

Experienced licensed social workers assist older clients (55+) and their families to access the most appropriate and affordable combination of services to help clients stay in the community as long as possible. Available support includes:

- Performing multidimensional assessments of client needs, strengths, and preferences
- Developing service/care plans
- Connecting clients with a broad range of services
- Monitoring services and helping to resolve problems
- Assisting in identifying financial programs e.g. food stamps, Medical Assistance, etc.
- Facilitating caregiver education and support groups
- Providing caregiver consultation/coaching as a member of Eldercare Partners

Practical and emotional concerns are addressed. Call Krystal for information or to make an in-home appointment.

Senior Dining 612-269-8462

Senior Dining provides a delicious noon meal at Calvary Church (7520 Golden Valley Rd). A donation of \$3.75 is requested, but no one will be denied a meal. Take-out meals are also available. Call Tom from 9:00-11:30 AM for reservations and questions. Menus are available in the kitchen.

Senior Linkage Line 1-800-333-2433

Call us first with your questions. Trained staff and volunteers have access to local, state and national information. If they cannot answer your question, they will find the number of someone who can.



Five Cities Transportation 763-531-1259

The Five Cities Transportation Program provides buses for its service through a contract with PRISM Express, which is discontinuing its transportation services due to financial issues. Unfortunately, this means Five Cities will only be able to provide service through November 13, 2013. We are sorry for any inconvenience, but due to the short notice given us, we are also dealing with the situation as best as possible.

We are exploring different options for the Five Cities Transportation Program. Once we have gathered information, we will make a decision on whether or not the services can be continued. This decision will be made by December 31, 2013.

Below is a list of alternatives available for your transportation needs after November 13. Each service has different fees and requirements. Contact them directly for more details.

Name	Phone	Website
Store to Door	651-642-1892	www.storetodoor.org
Gopher Grocery	612-379-1007	www.gophergrocery.com
Coborns	763-971-4900	www.cobornsdelivers.com
Lunds/Byerlys	952-897-9800	www.lundsandbyerlys.com
Walgreens	Call your local store for details	
CVS	Call your local store for details	
Cub Foods	Through Store to Door (see above)	

In addition, transportation options are also available through the Metropolitan Council with the following companies:

Transit Link - 651-602-5465

The Twin Cities dial-a-ride public minibus service. It is wheelchair accessible. Operates Mon-Fri, 6:00 AM-7:00 PM. Fares based on distance and range from \$2.25-6.75 each way.

Metro Mobility - 651-602-1111

Metro Mobility is a shared public transportation service that is wheelchair accessible. Riders must apply to ride and certify that they cannot use regular fixed-route buses due to a disability or health condition. Operates Mon-Fri, 5:00 AM-10:00 PM, Sat-Sun, 8:00 AM-4:00 PM. Cost is \$3-4 each way.

Store to Door 651-642-1892

Need groceries for yourself? Store To Door is a nonprofit providing grocery & prescription delivery services to elderly in Twin Cities metro. This service is provided by volunteers. Other opportunities include: Volunteer Shoppers - Work in partnership with five metro Cub Foods to shop client orders and prepare orders for delivery. Shoppers hours 6:00-10:00 AM 3 month commitment. Volunteer Order Takers-call clients each week entering their order online into our order database. One year commitment requested. Contact Kristen for more information or visit: www.storetodoor.org.

Widowed Support Group 763-561-5697

The group meets every Saturday at the New Hope Country Kitchen (42nd & Winnetka) at 2:00 PM and the first Thursday of the month at Evans Nordby Funeral Home (6000 Brooklyn Blvd) at 1:30 PM. Other activities are planned throughout the month. Meet other men and women who understand your loss. New people are always welcome! Call Helga for more information.

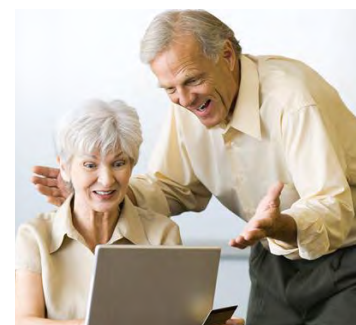
Golden Valley Library Programs

The following programs will be held at the Golden Valley Library, 830 Winnetka Ave N Registration is required for all programs. Call 612-543-6375 for more information.

Computer Help at the Golden Valley Library

Volunteers provide one-on-one help with basic computer skills. No appointment necessary. Please call ahead to be sure a volunteer is available, 612-543-6390.

Mon: 10:00 AM-1:00 PM
Tue & Wed: 11:00 AM-2:00 PM



Poetry Lovers Converge

Do you love poetry? Everyone (kids to teens to seniors!) is invited to read an original or a favorite poem, or just come and listen. In all languages, for all ages and all authors. Readings begin at 6:30 PM on the first Monday of the month. Bring your friends!



rental facilities



For complete rental information,
contact 763-512-2345
or visit us at: www.goldenvalleymn.gov.

brookview park picnic shelters

Hosting a neighborhood, family or company picnic? Rent a picnic shelter at Brookview Park, located in Golden Valley at the southwest corner of Highway 55 and Winnetka Avenue. Brookview Park picnic shelters are sure to be crowd pleaser with great views of Brookview Golf Course, a maximum park capacity of 300, and conveniently located restrooms at the large shelter and the tennis court building across the parkway from the small shelter. Both are available to all users of the park.

damage/clean-up deposit

A \$100 refundable deposit is payable at time of reservation.

- Deposit will be refunded the week following your reservation.
- Due to processing procedures, deposits paid by check or cash could take up to 4 weeks to receive and those paid by credit card will be processed immediately.

beer & wine permit

Beer or wine only can be served after the \$20 permit has been purchased.

play equipment rental

Kits Include:

Basketball, Soccer ball, Volleyball, Playground ball, Mini-soccer ball, 4 throw-down bases, 2 softballs and 2 bats (1/child, 1/adult)

\$15, plus \$30 refundable deposit

Other Items:

Bocce Ball Set or Tug-of-War Rope
\$10, plus \$10 refundable deposit

reservations 2014

Reservations can be made in person at Brookview Community Center or over the phone with VISA or MasterCard during regular business hours, Mon-Fri 8:00 AM-4:30 PM.

Golden Valley Residents - Begin January 9 at 8:00 AM

NOTE: From 8-9 AM, only in-person reservations will be taken.

Non-Residents - Begin February 13 at 8:00 AM

fees

Small Shelter		Large Shelter	
Resident	\$95	Resident	\$125
Non-Res	\$110	Non-Res	\$145

hours

11:00 AM-4:00 PM
and/or
5:00 PM-Dusk



large shelter

Holds up to 100 people, fireplace, sink/counter, 3 charcoal grills, 15 tables, 16 outlets, restrooms.



small shelter

Holds up to 50 people, 2 water fountains, 10 tables, 6 outlets, restroom short distance.

brookview community center

Looking for space in Golden Valley to host up to 200 people for your wedding reception, party or meeting? Then, come check out Brookview Community Center. Nestled in the tranquil setting overlooking the beautiful rolling greens of Brookview Golf Course. Facilities include a large banquet room with neutral décor and windows overlooking the golf course, caterer's kitchen, and patio, deck and gazebo with expansive golf course views.



For complete rental information,
contact 763-512-2345
or visit us at: www.goldenvalleymn.gov.

- Birthday Parties
- Weddings and Receptions
- Graduations
- Retirement Parties
- Religious Celebrations
- and many other celebrations!

frequently asked questions

Can I bring in my own homemade food?

No. You must hire a licensed caterer or food establishment to provide your food. We do require that you submit a copy of your caterer's license 90 days prior to your event.

Can I bring in my own alcoholic beverages?

No. All alcohol must be provided by our exclusive beverage provider, Complete Beverage. You may contact them for pricing at 1-800-550-7750.

Do I need security if I serve alcohol at my event?

Yes. If you are scheduled to be in our facility past 10:30 PM and you have been serving alcohol at any time during your event, you are required to have security in the building beginning at 10:30 PM until all guests exit the building.

How late is Brookview Community Center open?

Sunday through Thursday, the facility closes no later than 10:30 PM, Friday and Saturday the facility closes no later than 12:30 AM.





YOUR FRIENDLY, FULL-SERVICE,
NEIGHBORHOOD GOLF COURSE

Contact Information

Phone: 763-512-2305

www.brookviewgolf.com

Brookview Golf Course offers an 18-Hole Regulation Course, a 9-Hole Par 3 Course, a driving range and teaching area, and a golf shop and grill. Brookview's Regulation Course is a challenging, mature course with tree lined fairways and an abundance of water hazards.

PURCHASE A GIFT CARD FOR THE HOLIDAYS

Brookview Gift Cards are good
for the 18 Hole Course, Par 3,
Driving Range, and Grill.

2014 Patron Program

Purchase a patron card from Brookview Golf Course for 2014 and save on golf all year! Patron card applications can be picked up at Brookview Golf Course or found online at www.brookviewgolf.com, starting February 1.

Card holder benefits include:

- Discounted green fees and power cart rentals.
- Advance reservation privileges.
- Driving Range & Merchandise Discounts
- Coupons
- Reciprocity with Braemar Golf Course and Baker National Golf Course. Receive their patron or preferred rates on Tuesday and Wednesday all day, and Sundays after 1PM.

Patron Card Type	Before 4/1/14	After 4/1/14
Resident Patron	\$70	\$75
Non-Resident Patron	\$110	\$115
Resident Senior (60+)	\$40	\$45
Non-Res Senior (60+)	\$75	\$80
Resident Junior (<18)	\$30	\$35
Non-Res Junior (<18)	\$35	\$40
Par 3 Patron	\$30	\$30

2014 Brookview Golf Course FLOWER SPONSORSHIP



In an effort to provide local organizations and our business community in Golden Valley the opportunity to partner with Brookview Golf Course, a new flower sponsorship program has been developed. Organizations and business are invited to sponsor one of Brookview's beautiful 18 golf holes with a \$500 flower garden which will be maintained throughout the 2014 golf season. All Sponsors will have signage on their specific hole, recognized in the 2014 Brookview Golf brochure and on the Brookview Golf Course website for the entire 2014 season. Join us as we improve the Brookview experience for our over 45,000 golfers annually.

To sponsor a hole at Brookview, please contact Brett Johnson at 763-512-2300 on or before March 30, 2014. There are only 18 holes to sponsor, so reserve your garden today!

volunteer opportunities

Volunteers Make a Difference!

Check-out the opportunities listed below and contact us today.

If you have additional questions, please contact Volunteer Coordinator, Sandy Werts at 763-512-2341 or swerts@goldenvalleymn.gov.



You can also visit: <http://www.goldenvalleymn.gov/community/volunteers/index.php> and complete the on-line application.

MAILBOX TO THE NORTH POLE

Help Santa answer letters from Golden Valley children between December 6-20. Write a response to the child. Some tips and ideas to help with this will be provided. Work from your home, letters will be returned to Brookview for mailing.

PRESCHOOL PLAYTIME

Preschool playtime is an opportunity for fun physical activity for children ages 1-5 (with a parent). Greet and interact with kids, read to kids, assist with fee collection, set-up and clean-up on Fridays, January 3-March 28 from 10:00-11:30 AM.

RINK RAT HOCKEY COACH

Recreational hockey for boys and girls ages 5-12. Program consists of 2 preseason practices and 8 games, held on Friday evenings and Sunday afternoon early January to Mid-February. Knowledge of hockey and ability to work with kids of various abilities required.

YOUTH BASKETBALL COACH

If basketball is your love, be a coach for boys or girls in grades 2-6. Training will be provided. Program runs early January to mid-March. One evening practice on a Monday through Thursday and one game each week on Saturdays between 12-5 PM.

WINTER WHITE-OUT DANCE

Held on Friday, January 24 at Crystal Community Center from 6:15-10:00 PM. Help students in 5th-7th grades celebrate winter at this dance by serving as a chaperone, helping with registration or concessions and with easy set-up and clean-up.

ALOHA SPRING DANCE

Held on Friday, March 21 at Crystal Community Center from 6:15-10:00 PM. Help students in the 5th-7th grades welcome spring at this special dance by serving as a chaperone, helping with registration, concessions and easy set-up and clean-up.

RUN THE VALLEY 2014

Event is held on Saturday, April 12 from 7:00-10:00 AM. Your help is needed to be a site host, registration, course helpers, finish line helpers, photographer, water stop help or course sweeper and with the NEW Kids Fun Run. Proceeds from the annual Run the Valley support social service agencies serving Golden Valley.

DANCE RECITAL AIDES

Love seeing little kids dance? The annual tap and ballet dance recital features youth ages 4+. Volunteers are needed on Saturday, April 12 in the afternoon to greet, handing out programs and ushering and stage assistance.

PHOTO POSSE

Enjoy photography? Golden Valley's communications department is looking for residents interested in taking photos of City events and community interactions for use in the City's publications and website.

ADOPT-A-PARK

Help keep you favorite neighborhood park, nature area or lilac bed clean and looking good. As an Adopt-A-Park volunteer, you will keep an eye on your adopted place and at least twice a year pick up litter. If you, your family, group, office or organization are interested in doing something to make the community a better place to live, work and play, consider Adopting-A-Park!

Park locations currently needing adopting are:

- Glenview Park (2351 Zenith Ave N)
- St. Croix Park (5850 St. Croix Ave N)
- Basset Creek (Nature Area south of Duluth)
- Lakeview Park (1521 Hillsboro Ave N)

ADOPT-A-LILAC BED

With Adopt-A-Lilac Bed, take responsibility for weeding a patch along Highway 55, 2-3 times a year.

community information

Win \$1000 for your remodeling project!

WEST METRO HOME REMODELING FAIR

Sunday, Feb 23
10:30 am - 3:30 pm

@ Eisenhower Community Center
1001 Hwy 7, Hopkins

FREE!

www.HomeRemodelingFair.com

**OPERATION:
RESCUE ROOM**

Do you have the baddest bathroom in the west metro? The cruddiest kitchen in the county?

The 2014 West Metro Home Remodeling Fair is looking for ugly rooms that need to be rescued.

The second annual Operation Rescue Room contest will give \$1,000 to the homeowner whose room is voted most in need of help by visitors to the Home Remodeling Fair on Feb 23, 2014. Last year, Susan Bloyer of St. Louis Park won the contest and used the money to fix up her bathroom (see photos at right).

Get rules and entry forms at www.homeremodelingfair.com/rescue. Deadline to enter is Feb 16, 2014.



From this...



to this...

www.homeremodelingfair.com/rescue



LAWN BOWLING

coming Summer 2014 to
Brookview Golf Course!

For more information, contact
Brookview Golf Course at 763-512-2300.



2014 Summer Concert Series Sponsorship

The Parks and Recreation Department is working to create connectivity between programs and events offered through the Parks and Recreation Department and local organizations and businesses.

A sponsorship program has been created for businesses and organizations to sponsor concerts for the 2014 season. Sponsorship commitments will be partnered with city funds for the summer concert series to improve and expand the music events for the community. Sponsorships are \$500 each and need to be confirmed by January 31, 2014.

NEW

For more information on sponsoring a 2014 summer concert,
please contact Carrie Anderson at 763-512-2367. Call today to reserve your 2014 concert date!

activity locations

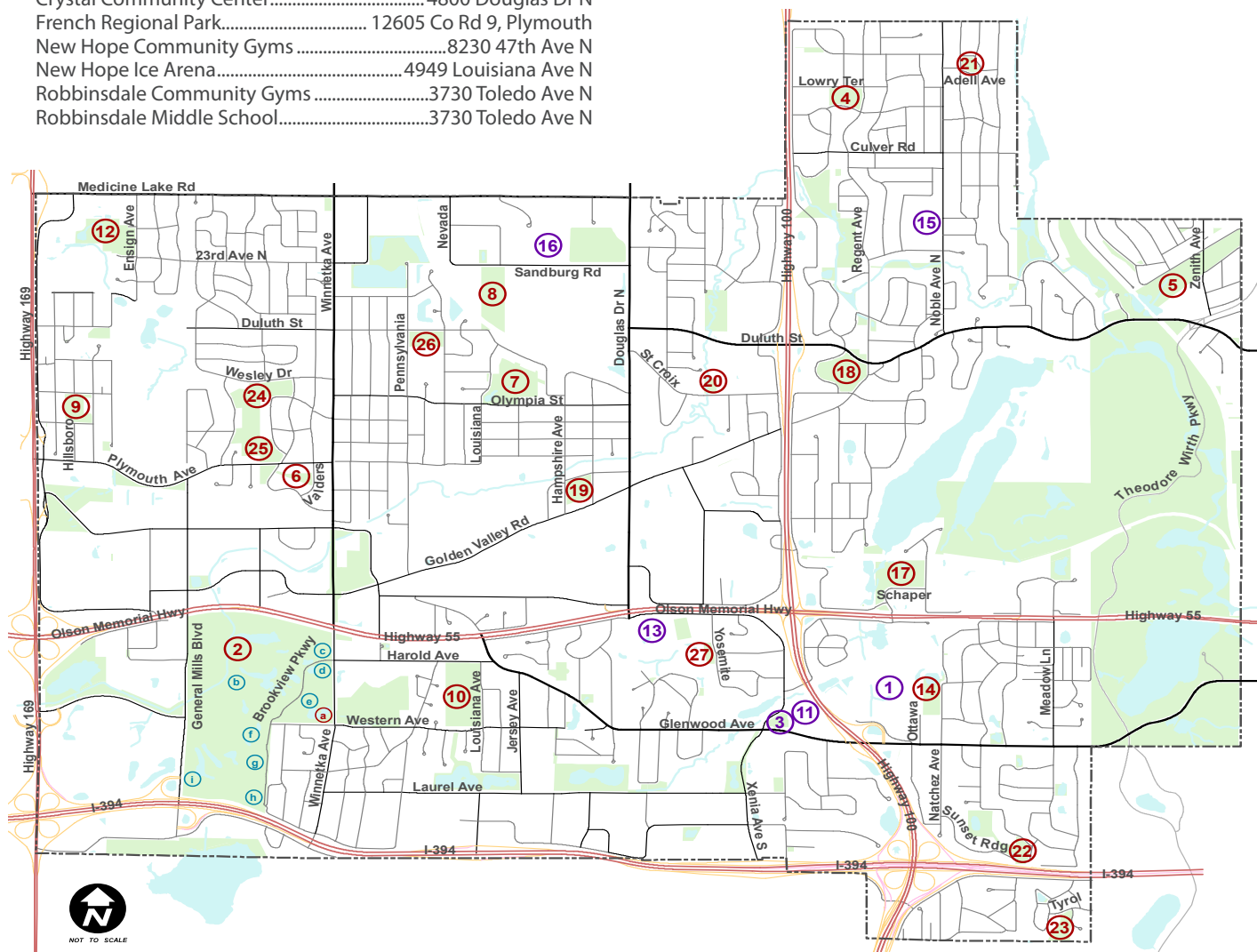
golden valley locations

- 1) Breck School.....123 Ottawa Ave N
 2) Brookview.....200 Brookview Pkwy N
 a. Park
 b. Golf Course
 c. Tennis Courts
 d. Small Shelter
 e. Large Shelter
 f. Par 3
 g. Golf Course Pro-Shop & Community Center
 h. Driving Range
 i. Lesson Tee
 3) Davis Community Center.....5430 Glenwood Ave
 4) Gearty.....3101 Regent Ave N
 5) Glenview Terrace.....2351 Zenith Ave N
 6) Golden Oaks.....1141 Valders Ave N
 7) Hampshire.....1610 Louisiana Ave N
 8) Isaacson Park.....7101 Sandburg Rd
 9) Lakeview.....1521 Hillsboro Ave N

- 10) Lions.....151 Louisiana Ave N
 11) Meadowbrook School.....5430 Glenwood Ave
 12) Medley.....2331 Ensign Ave N
 13) Minnesota Arts School.....6125 Olson Mem Hwy
 14) Natchez.....201 Natchez Ave
 15) Noble School.....2601 Noble Ave N
 16) Sandburg Middle School.....2400 Sandburg Ln
 17) Schaper.....631 Ottawa Ave N
 18) Scheid.....1856 Toledo Ave N
 19) Seeman.....1101 Florida Ave N
 20) St. Croix.....5850 St Croix Ave N
 21) Stockman.....3300 Major Ave N
 22) Tyrol – North.....900 Westwood Dr S
 23) Tyrol – South.....1510 Kaltern Ln
 24) Wesley – North.....8305 Wesley Dr
 25) Wesley – South.....8200 Plymouth Ave
 26) Wildwood Park.....7401 Duluth St
 27) Yosemite.....351 Yosemite Ave

community locations

- Crystal Community Center.....4800 Douglas Dr N
 French Regional Park.....12605 Co Rd 9, Plymouth
 New Hope Community Gyms.....8230 47th Ave N
 New Hope Ice Arena.....4949 Louisiana Ave N
 Robbinsdale Community Gyms.....3730 Toledo Ave N
 Robbinsdale Middle School.....3730 Toledo Ave N



ADOPT A PARK

TAKE PRIDE IN YOUR PARKS



Community Parks

<u>Brookview - 200 Brookview Pkwy N</u>	<u>Girl Scout Troop 13342</u>
<u>Gearty - 3101 Regent Ave N</u>	<u>Herb Purdy</u>
<u>Hampshire - 1610 Louisiana Ave N</u>	<u>Brian Middleton</u>
<u>Lakeview - 1521 Hillsboro Ave N</u>	<u>AVAILABLE</u>
<u>Lions - 151 Louisiana Ave N</u>	<u>Kueny & Knippenberg Family</u>
<u>Medley - 2331 Ensign Ave N</u>	<u>Golden Valley Federated Women's Club</u>
<u>Schaper - 631 Ottawa Ave N</u>	<u>Golden Valley Police Reserves</u>
<u>Scheid - 1856 Toledo Ave N</u>	<u>WSB & Associates</u>
<u>Wesley (north) - 8305 Wesley Dr</u>	<u>Moore/Gasparini Families</u>
<u>Wesley (south) - 8200 Plymouth Ave</u>	<u>Jack Stratton</u>

Neighborhood Parks

<u>Glenview - 2351 Zenith Ave N</u>	<u>AVAILABLE</u>
<u>Golden Oaks - 1141 Valders Ave N</u>	<u>Kim Stroup</u>
<u>Natchez - 201 Natchez Ave N</u>	<u>Hanscom & Dritsas Families</u>
<u>North Tyrol - 900 Westwood Dr S</u>	<u>Marcie Schlaeger</u>
<u>Seeman - 1101 Florida Ave N</u>	<u>Northwest Suburban Optimist Club</u>
<u>South Tyrol - 1510 Kaltern Ln</u>	<u>Allianz</u>
<u>St. Croix - 5850 St. Croix Ave N</u>	<u>AVAILABLE</u>
<u>Stockman - 3300 Major Ave N</u>	<u>WSB & Associates</u>
<u>Sweeney Lake</u>	<u>Hidden Lakes Association</u>
<u>Wildwood - 7401 Duluth St</u>	<u>Robertson Family</u>
<u>Yosemite - 351 Yosemite Ave N</u>	<u>Geving & Palkert Families</u>

Nature Areas

<u>Adeline 910 Adeline Ln</u>	<u>Mike McHugh - State Farm Insurance</u>
<u>Bassett Creek (N of Duluth) - 2130 Zane Ave N</u>	<u>B.A. Raak</u>
<u>Bassett Creek (S of Duluth)</u>	<u>AVAILABLE</u>
<u>Bassett Creek (west of Wisconsin)</u>	<u>ATS&R Architects & Engineers</u>
<u>Briarwood - 2600 Unity Ave</u>	<u>Girl Scout Troops 2316 & 1670</u>
<u>General Mills - 9201 Olson Memorial Hwy</u>	<u>GMI Grounds Crew</u>
<u>General Mills Research Nature Area</u>	<u>The Gannon's</u>
<u>Laurel Ave (east of Florida)</u>	<u>Golden Valley Lutheran Church</u>
<u>Laurel Ave (west of Florida to Jersey)</u>	<u>The Liberman Family</u>
<u>Laurel Ave (west of Jersey to Pennsylvania)</u>	<u>Jerry & Joan Monson</u>
<u>Mary Hills - 2190 Bonnie Ln</u>	<u>John & Pam Goranson & Barb Osborne</u>
<u>Pennsylvania Woods - 2301 Rhode Island Ave N</u>	<u>John & Pam Goranson & Barb Osborne</u>
<u>Rice Lake - 4120 Bassett Creek Dr</u>	<u>Tremere Family</u>
<u>Western Ave - 7600 Western Ave</u>	<u>Ilo & Peggy Leppik</u>

Special Use Facilities

Brookview Golf Course 200 Brookview Parkway S
Isacson Park (formerly Honeywell Little League Area) 7101 Sandburg Rd

Thank you to all the volunteers that help keep our parks and nature areas beautiful.

Golden Valley City Council

Council meets the 1st and 3rd Tuesday of each month at 6:30 PM at the Golden Valley Civic Center.

Mayor: Shep Harris

City Manager: Tom Burt

Council Members:

Joanie Clausen, Mike Freiberg, Paula Pentel and DeDe Scanlon.

Open Space & Recreation Commission

Commission meets the 4th Monday of each month at 7:00 PM at Brookview Community Center.

Chair: Bob Mattison

Vice-Chair: Gillian Rosenquist

Members: Roger Bergman, John Cornelius, Kelly Kuebelbeck, Anne Saffert, Jerry Sandler, Dawn Speltz and Daniel Steinberg.

Park & Recreation Staff

Rick Birno
Director of Parks & Recreation

Brian Erickson
Recreation Supervisor

Carrie Anderson
Recreation Supervisor

Jeanne Fackler
Senior Citizens Coordinator

Sheila Van Sloun
Administrative Assistant

Sandy Werts
Volunteer Coordinator

Kris Wiinikainen
Receptionist

Bert Tracy
Public Works Maintenance Manager

Al Lundstrom
Park Maintenance Supervisor

Brookview Golf Staff

Ben Disch
Golf Operations Manager

Kim Straw
Assistant Golf Manager

Brett Johnson
Administrative Assistant

Greg Spencer
Greens Superintendent

ACTIVITY REGISTRATION FORM

Parent/Guardian First Name: _____
(if Participant(s) are under 18)

Address: _____ Primary Phone: _____

City: _____ State: _____ Zip: _____ Secondary Phone: _____

Email: _____

Emergency Contact Name: _____ Phone: _____
(if different from above)

Special Needs, Disabilities or Allergies we should be aware of: _____

Participant's First & Last Name	M/F	Birthdate	Activity Name	Activity Code	Location	Fee
TOTAL DUE:						

55+ SENIOR TRIP REGISTRATION

Participant's First & Last Name	Trip Name	Trip Code	Pick-up Location	Special Requests	Fee

CONSENT TO RELEASE OF INFORMATION & RELEASE OF LIABILITY

In consideration of your accepting this registration for my child (or person I am responsible for as guardian), or myself, I authorize the City of Golden Valley to disclose to the City's insurer, attorney, staff, coaches, participants and other personnel involved in this program the following information: name, address and telephone number. This information shall be used for the purpose of program administration. This consent to release information shall expire one year from the date of execution. I understand that the records are protected under the state and federal privacy regulations. I also understand that I may cancel this consent by a writing to that effect at any time prior to the information being released. I give my consent to use any photograph or video tape taken of my child (or person I am responsible for as guardian), or myself for future promotional or marketing materials. In consideration of the City providing the registered activities, I agree to not hold the City liable for any claim resulting from participation in any such activity, including claims for injuries, death and resulting attorney fees. The completion of your registration signifies your acceptance of this consent.

Payment Type

☐ Cash

☐ Check # _____

☐ VISA

☐ MasterCard

Card #: _____

Expiration Date: _____

Signature for credit card payment:

registration information

Make checks payable to:
City of Golden Valley

Online www.goldenvalleymn.gov

With VISA or MasterCard using your PIN and Barcode assigned to you through the Recreation office. On-line is available 24/hrs a day.

Mail

Brookview Community Center
200 Brookview Parkway
Golden Valley, Minnesota 55426

In Person

Walk-in registration are accepted at Brookview Community Center during business hours.

Fax 763-512-2344

Available on for VISA or MasterCard payments. You may fax registration 24/hours a day.

Phone 763-512-2345

With VISA or MasterCard during business hours. Please have your card ready.

Registration Confirmation

If you register in person you may ask for a receipt. Confirmations will not be mailed for registrations by mail, phone or fax. You will be contacted only if the program is full, cancelled or a program change is necessary.

Cancellation/Refund Policy

All refund requests will be assessed a \$5 administrative fee. Full refunds are given only when a program is canceled by the Parks and Recreation Department. No refunds will be given on requests made less than 5 business days prior to the start of a program. Refund requests will not be accepted after any program specific registration deadlines.

Senior Trip Refund Policy

No refunds will be issued after the registration deadline for trips involving the advance purchase by the city for tickets or transportation.

Inclusion Requests

Be sure to state that you have a disability or a need for inclusion services at the time of registration. Please register at least two weeks prior to a program start date to allow adequate time for inclusion services.

Stay home & stay warm!
Register online with



www.goldenvalleymn.gov



Park & Recreation Department
200 Brookview Parkway
Golden Valley, MN 55426-1364

Prsrt Std
US Postage Paid
Permit No. 1659
Twin Cities., MN

*****ECRWSS**
POSTAL CUSTOMER

DATED MATERIAL
PLEASE DELIVER PROMPTLY

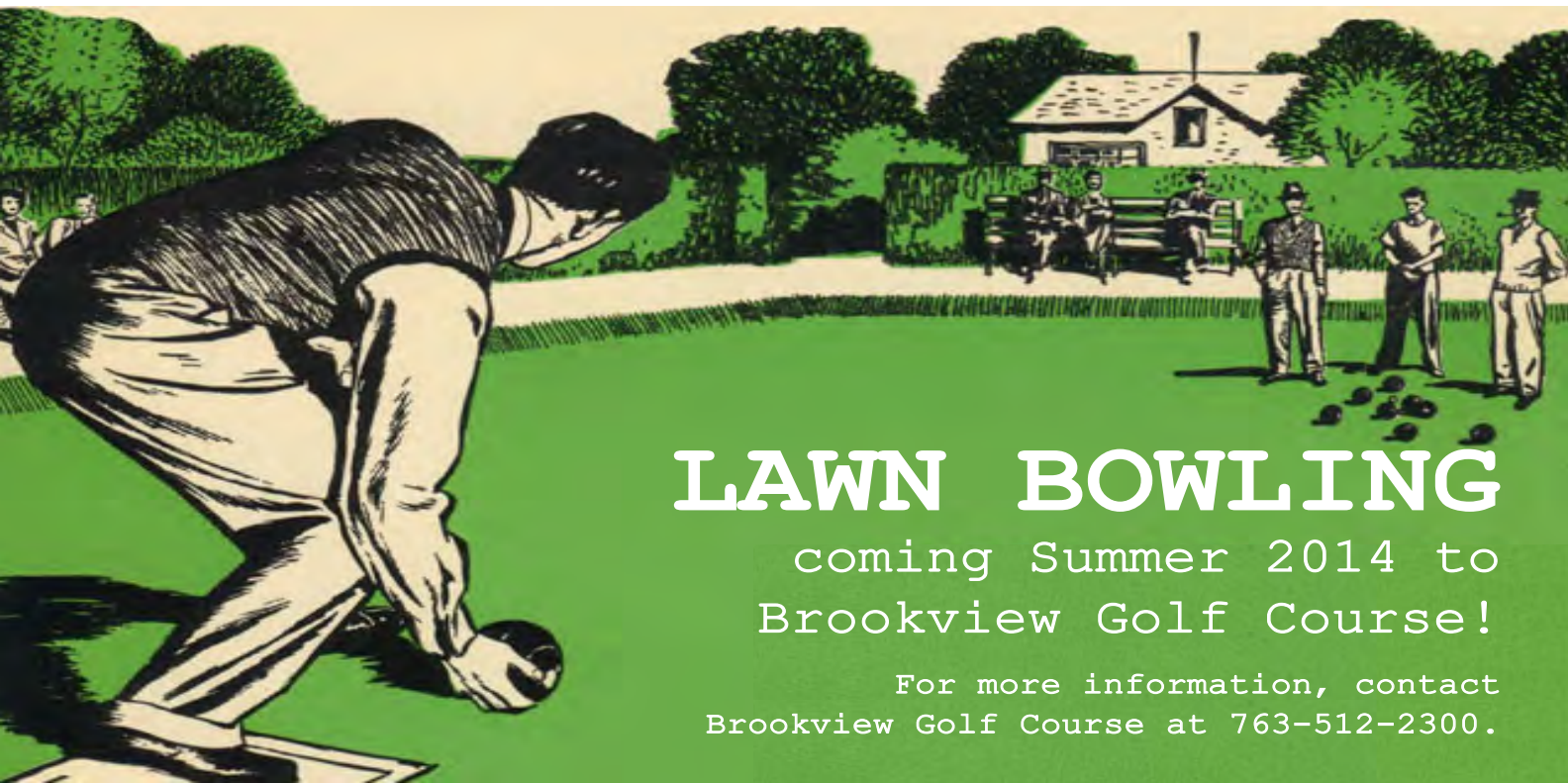


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